view from
Lyme Regis
Uplyme & Charmouth
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FIRE DESTROYS REGENT

■ EMERGENCY: Fire crews and police at the scene of the blaze that engulfed Lyme's Regent Cinema

By Philip Evans

FIRE destroyed the art-deco Regent Cinema in Lyme Regis yesterday (Tuesday) afternoon.

Fire crews from Lyme and nearby towns were fighting the blaze which started in the roof area, which collapsed.

Large cracks were heard all over the town, believed to have been caused by the asbestos roof exploding. Police confirmed the smoke from the fire contained asbestos and warned people to stay indoors, close doors and windows.

A fireman was on the roof when part of the building collapsed and onlookers shouted "get out the way".

The Regent, a listed building built in 1937, is one of the most admired cinemas in the country. Some locals, watching from the main street, were in tears.

Owned by Scott Cinemas, the Regent has just undergone a refurbishment programme.

In the biggest town centre fire for many years, there are fears among local people that the cinema might never reopen.

Nearby shops were closed as a precautionary measure and the Woodmead Halls was opened as an emergency centre.

Lyme is said to be the smallest town in the country with a cinema which opens seven days a week all-year round.

The Regent was opened by local businessman Donald Hardy, known as Spike, who was also Lyme Fire Brigade's station officer.

It was designed by Bristol-based architect W.H. Watkins, who was responsible for a large number of cinemas in Bristol and the South West.

■ TURN TO PAGE 5

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TAMSIN Chandler is behind the new Bridport Food Market, launching this Sunday at St Michael's Trading Estate.

She has worked in many industries including music, festivals and events, journalism and management before settling in West Dorset and focusing on local produce and producers.

● WHEN did you move to Dorset and why?
I MOVED down to Devon and then Dorset almost five years ago now, following an exhausting three year period working 9-10 hour days in London, on top of the dreaded daily peak hour commute and some other serious personal matters.

I was burned out and strung out from working and playing hard in big cities for many years. My mum's family hails from East Sussex and I started to remember how happy I had been, aged six and then 16, living in the English countryside.

I was a bit of a Twitter activist in London and one day I saw a tweet from Otter Farm in Devon advertising a job for a horticulturalist. Impulsively, despite having absolutely no experience with gardening or farming, I contacted them to see if I could apply. I received a kind and polite no!

That planted the seed, though – pardon the pun. Soon afterwards, I handed in my notice and put everything in storage.

Eventually, I volunteered at Trill Farm in Musbury for a few weeks and my time there had a profound effect on me. Everyone I met seemed to be telling me to move to Bridport and I thought, "why not?". I'm a strong advocate of "why not". I've been in Bridport ever since and I've come to love it.

● TELL us a bit about what you are currently working on?
BRIDPORT Food Market. It's a weekly food and farmers' market launching on Sunday, March 27th at St Michael's Trading Estate, operating every Sunday from 9am-3pm.

I've worked in the local food sector in many different ways since coming to Bridport – mainly helping out small food businesses wherever they needed some assistance.

This included manning stands at festivals and food shows, consulting on branding and marketing, building websites, networking and helping to promote them and increase sales. Also a lot of pep talks.

Founding Bridport Food Market is a dream come true for me, really. It pulls together so many of my interests, skills, friends and contacts.

I'm excited about what we can all create down at St Michael's. The great thing is Bridport Food Market coincides with the already popular Arts & Vintage Sunday once a month. It's going to be a great place to hang out on lazy Sundays.

● WHERE did you get the inspiration and idea for Bridport Food Market?
Due to my interest in – and connections within – the local food sector in the area, Communities Living Sustainably Dorset contracted me to set up FoodFuture Bridport and complete research into the sourcing habits of local food businesses with a view to producing a report, a Local Food Map and corresponding supplier lists.

There seemed to be a consistent, but simple, disconnect in our local food system which was highlighted by my friend Ash Wheeler, the grower at Trill Farm and a representative of Landworkers' Alliance.

He said the biggest problem food growers and producers faced was getting their produce to the public. Conversely, I discovered, the public was keen to buy locally produced foods but didn't know where to find them.

I just put two and two together, spoke to lots of people, approached Hayward & Co (the landowners at St Michael's) and Daryl Chambers, the town surveyor. We all agreed it was a good idea and would be of great benefit to Bridport. So, almost eight months later, it's finally happening!

Markets, for me, are the best places to shop for food. The people who produce the foods are also selling them. They're passionate about what they do and they enjoy sharing their knowledge. The food is fresh and 'real' and, at a good market, reflects the culture of the surrounding area.

Markets are varied, vibrant and educational. They're also affordable. The foods grown in and around Bridport are plentiful and of amazing quality. You're buying veg that was grown up the road, picked that morning or the day before; you're buying meat from animals reared up the road and you know they've been reared ethically and sustainably; you're buying bread that was baked a few hours ago. You know the growers and farmers. You come to appreciate how hard they work and how lucky you are to have them.

At markets, you cut out the middleman and all the overhead costs - the money goes straight to the person who toiled to bring you the food. Add the pleasure of shopping at a great food market to the existing passion and support from producers and the community and I can't see why Bridport Food Market won't go from strength to strength.

■ For more information about Bridport Food Market, visit www.bridportfoodmarket.com

60 SECOND INTERVIEW

WOULD YOU LIKE TO TAKE PART IN THE 60 SECOND INTERVIEW? Call Francesca Evans on 01297 446154 or email francesca@pemedia.co.uk or Lottie on 01297 446161 or email lottie@pemedia.co.uk

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view from newspapers

Police assure residents crime is not on the rise

By FRANCESCA EVANS
francesca@pemedia.co.uk

POLICE have attempted to assure the public that crime is not on the rise in Lyme Regis, after concerns were expressed on social networking website Facebook following a spate of burglaries.

A number of comments have been made on Facebook over the past week referring to an "increase in crime" and "lack of police" in the area after four burglaries were reported in Lyme Regis during March, including a break-in at convenience shop Staples Stores and two at building sites.

A comment was also made saying it was a "scandal that we no longer have a police station in Lyme", and calls were made for an emergency meeting to discuss "growing concerns" regarding anti-social behaviour, criminal activity, the allocation of social housing, the role of the police and the reduction of street lighting.

Several comments blamed "drug users" and those who are rehoused from surrounding areas in the town for criminal activity.

Responding to these comments, PCSO Luke White said: "Lyme Regis Police Station is not closed. The enquiry office closed in 2011. Prior to that it was open for 18 hours a week, Monday, Wednesday and Friday, 9am to 3pm.

"From memory it was used by 0.8 people a day on average and so was closed as it was not offering value for money. There is a phone outside the police station which can be used 24 hours a day, seven days a week to report any incidents or crimes.

"The number of PCSOs and police officers based in the town, at the police station, is still the same as it was five years ago - two PCSOs and four PCs. I can assure people that there are officers on patrol in the area 24/7, and the staffing level in the town has not changed in the last five years.

PSCO White also provided crime figures for burglaries to dwellings, non-dwellings, garages and sheds in the town over the past year, pointing out that four reported in March was "not out of the ordinary".

The figures were as follows: May 2015 - 2; June - 1; July - 3; August - 0; September - 8; October - 2; November - 4; December - 5; Jan 2016 - 4; February - 1; March - 4.

PCSO White added: "It is also worth noting that of the four burglaries reported in March 2016, offenders have been identified and arrested in three. This is a high percentage compared to the force positive outcome rate of seven per cent."

Posting on the police's own Facebook page, a spokesperson added: "While Lyme Regis is a low crime area, and any crime has an effect on the community, I would like to reassure people that the incidents of the past week are not an increase in the level of crime.

"There are, on average, three burglaries each month in the town, including dwellings, non-dwellings and shed/garages. It is thanks to the vigilance and quick thinking of local residents reporting suspicious behaviour that has allowed officers to quickly attend locations, locate and identify offenders and to recover stolen property."

Burglaries this month included a break-in at Staples Stores in Staples Terrace, for which 28-year-old local man Harry Tootill was arrested and charged.

He was arrested at around midnight on Tuesday, March 8th on suspicion of burglary and possession of class A drugs. Police received a call reporting suspicious activity around the shop in Staples Terrace and, upon arrival, found a man inside the shop.

Mr Tootill has since been charged with burglary and has been bailed to appear at Weymouth Magistrates Court in April.

The second burglary occurred at a building site in Colway Lane when a 24-year-old man was found within a property under renovation and detained by workmen. He was arrested in the North Avenue area and has also been released on bail while enquires continue.

Commenting on this incident, police said: "There have been comments on social media making mention that this is the same male who was arrested and charged with the burglary at Staples Stores earlier in the week, and saying that he should not have been given bail. I can confirm that the male arrested for this burglary is not the same male as the one arrested and charged with the burglary at Staples Stores."

The third burglary occurred at another building site in the Mill Green area, where building materials were stolen and later recovered from a property nearby.

Police have not released details of the fourth incident, as requested by the victim.

PCSO White added: "The crime and anti-social behaviour figures are available to the public at www.police.uk where you can put in a postcode and see the locations and types of crimes reported.

"I am more than happy to meet with any person who wished to discuss this further or who has any queries or questions. You can email the team at lymeregissnt@dorset.pnn.police.uk"

Councillors consider proposal for 'unique' ski lift which will attract tourists and enhance services

LYME Regis Town Council has heard an ambitious proposal to build a ski lift which will carry passengers from Holmbush car park to the seafront.

Businessman Clive Hemsley, with a career history in advertising and publishing, presented the "unique" idea to councillors at last week's meeting alongside friend Robert Drayton MBE, former deputy editor of the Somerset County Gazette. He said that the Jurassic Ski Ride, which he estimated would cost £2.5million to construct, would run from the top of Holmbush car park and would zigzag over Lister Gardens down to the seafront shelters with enclosed gondolas running up and down.

Mr Hemsley, who knows Lyme Regis well having grown up in Chard and having property in the town, emphasised that he and Mr Drayton were not commercial developers and were not promoting the project out of greed, but out of a love for the town and for "the legacy of Lyme Regis".

He said the ski lift would attract more visitors to the town, provide local jobs and additional income for the town, ease pressure in the busy Monmouth Beach car park by attracting more people to Holmbush, and would enhance local services by providing an easy route to the seafront for families and disabled people.

"The benefits are obvious," he added.

Mr Hemsley suggested that the project would be based on a partnership between a separate company and the town council. No investment would be expected from the council with funding instead sought from private investors and grants.

However, without the council's support Mr Hemsley said the scheme would be a "non-starter" and asked for members to give their backing before he invested funds in an initial technical survey to move the project to the next stage, which would cost 60,000 euros.

"You've already embraced in technology, you already have innovative visionary… You've already accepted huge engineering technology and the capabilities and changes it makes, partly through stabilisation works and fabulous redesign of the front, so this is nothing new to you, except this is a tiny project compared to that engineering masterpiece," he commented.

Councillor Brian Larcombe asked if the project was supported by the Jurassic Coast World Heritage Site, but Mr Hemsley said this would be one of the next stages as he didn't want to "take liberties" before talking to the council.

Councillor Larcombe added that Lyme Regis was "already at capacity" during the peak season and emphasis was now being put on extending the season. Mr Hemsley said that the ski lift would help extend the season, as it would be open 12 months a year.

Councillor Stephen Miller described the proposal as a "terrific idea" but said that assurances would have to be given that the land was stable enough to carry the weight of a ski lift. Mr Hemsley explained that this would be looked at during the survey.

The Mayor, Councillor Owen Lovell, said that the proposal would be taken back to the relevant committee for consideration.

Lyme pre-school to close while new leader found

ST Michael's Pre-School will temporarily close next month while a new leader is recruited.

The pre-school is based at the children's centre in the grounds of the primary school in King's Way.

The governors of St Michael's Primary School issued the following statement: "It is with deep regret that St Michael's Pre-School will temporarily close from April 11th 2016.

"The governors are currently in the process of advertising and recruiting for a new pre-school leader and hope that the provision for the young children in Lyme Regis, will be re-established as soon as possible.

"The staff and governors at St Michael's School and Pre-School would like to thank everyone for their valued and continued support."

COUNCIL DATES

- **Tues March 22nd - working party to discuss future use of Monmouth Beach, 7pm**
- **Weds March 23rd - Extraordinary Full Council to allocate minor grants, elect mayor for coming year and discuss Queen's 90th birthday celebrations, 7pm**

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Happy 8th Birthday
on Monday 28th March
Have a great day, lots of love
from Mum and Dad xx

KATRINA WILD
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have a Great day.
Lilli, Sonny and Beau

MARGARET COOK
Happy 75th Birthday Mom
Lots of Love, Val & Phil xx

Happy 21st Birthday
BETH POTTER
on Monday 28th March
Lots of love Mum,
Dad and Owen

Always in our Hearts Hayley
but even more so at this time of year,
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Mum, Dad and Luke

FREE FAMILY ANNOUNCEMENT FORM

Message.....

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Please include SAE for return of any photos.

PLEASE NOTE: We cannot accept announcements without a signature, address and telephone no.

All announcements must be in by 12 noon on Friday for the following weeks publication.

Quick launch for lifeboat crew after 'mayday' call

LYME Regis lifeboat crew responded to a mayday call - meaning risk to life - early on Monday morning.

Reports of a fishing vessel taking on water were made to the coastguard, which requested the lifeboat be launched immediately. The call went out a 7.51am when some crew members were at work, some just leaving for work and some just waking up, but the crew still managed to launch the lifeboat by 8am to assist fishing boat MV Charisma about three quarters of a mile off West Bay.

The lifeboat "Spirit of Loch Fyne" was on scene by 8.15am by which time the skipper of MV Charisma, Tom Copps of Bridport, had the situation under control and was pumping water out of the engine room. Two crew members from the lifeboat boarded the fishing with the RNLI salvage pump to offer assistance.

MV Charisma (pictured), under its own power, was then escorted back to West Bay by the lifeboat crew where she safely tied up and was met by the coastguard. The lifeboat crew then returned to Lyme Regis harbour by 9.09am.

Volunteer crew member Tom Wallis, who boarded the MV Charisma, said: "It was all straightforward and the situation was pretty much under control by the time we arrived, but clearly was a mayday call as the boat was taking on water and was potentially life-threatening, and it is great we can get launched and on scene so quickly.

"Fortunately we only had to play a supporting role in this instance."

Food stands available at Fossil Festival

PLANNING for this year's Fossil Festival in Lyme Regis is now well-underway.

The annual festival, to be held from April 29th to May 1st, will feature all the regular favourites as well as some new attractions this year, including science rapping duo OK2, environmental storyteller Martin Maudsley, and street performance "Iggy the Iguanodon Restaurant".

Lyme Regis Town Council has also allowed the festival use of the Guildhall car park on the Saturday and Sunday for local catering outfits to set up stalls.

A spokesperson for the festival said: "This will be limited to only four or five catering outfits. We hope this will add to the festival atmosphere but also support the festival as it seeks to make itself more financially self-sustaining."

Businesses applying for pitches must be based permanently in the DT7 area and donate 10 per cent of takings or a donation of £120 to the festival. For full details and to apply contact festival co-ordinator Heather Prior by emailing heather@lrdt.co.uk or call 01297 445021. Applications to be submitted by Tuesday, March 29th.

If you have a story for Lyme Regis, contact Francesca Evans on 01297 446154 or email francesca@pemedia.co.uk

The Dorset Pedlar
54 South Street, Bridport

John & Jo welcome you to the re-opening of The Dorset Pedlar on Good Friday 25th March

- still stocking items for which The Pedlar is known and loved such as incense, jewellery, essential oils, stones & crystals
- Lots of new gift ideas, accessories and homeware for all ages, tastes, genders and budgets!
- many fair-trade & ethically sourced items
- featuring our new Candleshop, bathtime goodies and fresh cut flowers including "Rosy Jo's" natural bouqets

We look forward to seeing you there!

■ CONTINUED FROM FRONT PAGE

Mr Hardy operated the cinema until the early 1970s when he sold the controlling interest to Mr Gordon Vearncome, who also ran cinemas in Tiverton and South Molton. Ownership then passed to the late Mr C.C. Scott and then to Scott Cinemas.

A spokesman for Dorset and Wiltshire Fire and Rescue Service said they were called at 1.20 pm.

"The roof collapsed and we could only fight the fire from the outside. There is no sign of the fire spreading to adjacent buildings and we have no reports of casualties," they said.

Appliances from Lyme Regis, Axminster, Seaton, Bridport, Chard, Colyton and Taunton were summoned to the scene, along with an extra water carrier from Bridport.

Local artist Hugh Dunford-Wood, who lives nearby, said: "What a terrible, awful disaster. That beautiful old building gone. It' such a crying shame."

Florist Teresa Fowler, whose shop is opposite the cinema in Broad Street, said: "It's so awful and it had just been refurbished."

Scott Cinemas posted the following statement on its Facebook site: "We are currently trying to work out what happened. No reported injuries. More information as soon as we get it."

Later in the afternoon, Dorset and Wiltshire Fire and Rescue Service issued a further statement, saying: "Staff working at the cinema when the fire started are reported to be safe, as are the occupants of the shop within the same premises.

"The blaze has not affected adjacent buildings, with firefighters focusing much of their efforts on protecting these from the flames.

"Because of the complexity of the firefighting operation, a safety cordon has been put into place, which means that shops in the immediate vicinity have closed.

"While the significant smoke plume continues to rise from the site, anyone in Lyme Regis who has a pre-existing respiratory condition is advised to keep doors and windows shut as a precaution."

■ **EMOTIONS RUNNING HIGH:** Regent Cinema assistant manager Dom Boull broke down as he watched the blaze. Below, black smoke billowed from the building and right, flames engulfed the roof

■ **DECIMATED:** The extent of damage to the cinema roof could be seen from across the town

■ **TACKLING THE BLAZE:** Firefighters spray the rear of the cinema from Langmoor Gardens
Photos by FRANCESCA EVANS, PHILIP EVANS, GEOFF BAKER and RICHARD AUSTIN

MST AUCTIONEERS

Hangar 1. Marcus Road
Dunkeswell, EX14 4LB
Tel: 01404 891833
email:info@mstauctioneers.co.uk
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FORTHCOMING AUCTIONS

Day 1: **Wednesday 30th March at 10.30**

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Day 2: **Thursday 31st March at 10.30**

Plant, Machinery & Woodworking equipment.

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On View: Monday Bank Holiday 9-1, Tuesday 9-7 pm
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Councils meet to consider 'new

***THERE'S** been talk for years that Dorset would end up being controlled by one unitary authority. With local councils under increasing pressure to maintain the level of services due to a reduction in Government funding, serious discussions have taken place among the Dorset councils. In the biggest shake-up since local government was reorganised in 1974, a new approach to running Dorset is now very much on the cards with the opportunity for the public to have their say this summer before the preferred option is submitted to Whitehall.*

MEMBERS from across the three councils have met in Dorchester to discuss the future of local government, as agreed within the councils' annual budget process.

Higher than expected government funding cuts have led to senior council officers and councillors exploring further ways to provide transformed and sustainable services. A stable budget has been created for 2016/17, but the budget position for each council in the subsequent three years remains "challenging".

Sixty-one councillors attended the session facilitated by Dorset Councils Partnership at South Walks House, the home of West Dorset District Council, on March 12th and discussed options for the most cost-effective public service model for Dorset and its communities.

Councillors informally indicated their support to change to a model of two unitary councils, however, this was not a binding vote.

Their preferences included:

● One unitary council for the current county council area and one for Bournemouth and Poole.

● Or one unitary council for the area East Dorset, North Dorset, Purbeck, West Dorset and Weymouth and Portland, and one for Bournemouth, Poole and Christchurch

Members rejected the options for a single pan-Dorset unitary authority for Bournemouth, Dorset and Poole, and of making no change to the current structure, echoing the opinions of colleagues at Dorset County Council.

> **"Council services are already stretched and will become increasingly so over the next few years. By holding these discussions, we can explore all options to maximize efficiency and effectiveness in delivering services while meeting current and future financial challenges**

In a joint statement, Cllr Deborah Croney, Leader of North Dorset District Council, Cllr Anthony Alford, Leader of West Dorset District Council, and Cllr Ian Bruce, Chairman of Management Committee at Weymouth & Portland Borough Council, agreed that a new approach must be found:

"It is right that we work closer together and explore opportunities to reduce costs and transform services.

"While the budget is balanced for 2016/17, funding forecasts for the subsequent three years means we have to prepare for even greater change in the future. We agree that a step change is needed in the way we work to deliver the best possible results for local people.

"Our councils have already joined up staffing and services, and made significant savings. We are now looking at a number of possibilities to streamline services, make further savings and increase income, in our pursuit to reduce costs by £11 million by 2020.

"Council services are already stretched and will become increasingly so over the next few years. By holding these discussions, we can explore all options to maximize efficiency and effectiveness in delivering services , while meeting current and future financial challenges.

"The coming months and years will be challenging, but we will be consulting with local people to make sure everyone has a chance to be involved. We have a shared responsibility to make savings and deliver efficient services."

All councils across Dorset have pledged to work together to agree on their preferred option before the business case is submitted to the Secretary of State at the beginning of next year. Local people will get the chance to have their say in a public consultation – likely to be held during the summer.

■ **WEST Dorset District Council leader Anthony Alford: "The coming months and years will be challenging."**

'Brave and innovative' approach to services

■ The Dorset Councils Partnership is the UK's first partnership to bring staffing and services from across three councils together, which has been recognised as 'leading edge' by the Local Government Association and praised for its 'brave and innovative' approach to transforming services for customers and communities. The Dorset Councils Partnership sees a single workforce serve all three councils. Each council remains independent and equal, with its own councillors who make local decisions about services. Each council sets its own budget, council tax and maintains its separate identity, brand and sovereignty.

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approach to running Dorset'

THE move towards a unitary authority system in Dorset is being led by the county council which has already decided which way they want to go.

As reported in last week's ***View from***, Dorset County Council have debated six options for reducing the number of uthorities in the county.

A clear majority of councillors voted to change to a model of two unitary councils, made up of either one unitary council for the current county council area and one for Bournemouth and Poole, or one for the area of East Dorset, North Dorset, Purbeck, West Dorset, Weymouth and Portland and one for Bournemouth, Poole and Christchurch.

Cllr Robert Gould, former leader of West Dorset District Council and now leader of Dorset County Council, is leading the call for change.

He said:"We had a thorough debate in which nearly all county councillors had their say.

"It was encouraging to see agreement that we need to change and do things better for the people of Dorset.

"We now have a clear consensus around having one new council serving the whole 'shire' Dorset area, with an enhanced role for town and parish councils to deliver local services and strengthen their identity.

■ A new unitary system will see the demise of other local councils, including West Dorset District and Weymouth and Portland Borough, as early as 2019. The move could also see greater responsibilies being devolved to town and parish councils.

"This would simplify the structure of local government for residents, save money and help our case for a really ambitious devolution deal for Dorset.

"We will continue to work with the other Dorset councils to develop a solution for the whole county.

Great opportunity

"A key part of this will be consulting with local people to make sure everyone has a chance to be involved.

"This is a great opportunity for the whole of Dorset to create something that supports the future needs and ambitions of the county."

The vote is not a binding decision for the council. The council voted unanimously to do more work on the preferred options and a report will be brought to its meeting with a view to developing a full business case.

Before the council makes any decisions, it will give local people the chance to have their say in a public consultation, which is likely to be held in the summer.

As the move towards a unitary system gathers pace, there is a growing acceptance that time is up for the county's other main councils – West Dorset District, Weymouth and Portland Borough, Purbeck District, East Dorset District, North Dorset District and Christchurch Borough.

Weymouth and Portland Labour leader and economic spokesman Councillor Mike Byatt said that the current financial crisis facing local councils meant changes would have to be made which would mark the end of the borough council in Weymouth and Portland.

He added: "Radical changes to local governement in Dorset will mean the borough council will become part of a bigger council.

"By 2019 we could be in a new council for Dorset, so councillors will have to make proposals and get government backing by early 2017."

Reaction from leading councillors

REBECCA KNOX Beaminster County councillor: "Hearing and engaging with residents is now a priority as there is a great deal to do in a short amount of time and everyone's input is needed. This is an opportunity to grasp to improve delivery of public services to all areas of the county."

ROS KAYES, Bridport County councillor: "Reorganisation is well overdue in Dorset. It makes no sense having one council doing planning and housing and another doing roads, schools and care for the elderly. Add to that double the amount of councillors needed and councillors' allowances being paid."

DARYL TURNER, Lyme Regis County councillor: "I want to see us pushing ahead on our terms as soon as possible with the financial climate dedicating this approach. I hope we can work towards what is best for the communities of Dorset, even if a reduction of councillors is part of that result."

GEORGE SYMONDS, Lyme Regis District councillor: "It's one of those things that may happen, there's a great deal of talk about it. Do the general public worry about who provides their services? Probably not. Will it save money? Will it make things better? I'm sure we will here lots more on this."

What's your view?

Where do you stand on the unitary authority debate? Let us know by emailing: *james.coles@pemedia.co.uk* or writing to: View Letters, 3 St Michael's Business Centre, Church Street, LYME REGIS DT7 3DB

CHRIS TURNER, Chairman of Beaminster Town Council: "It could mean that towns have a greater degree of authority over services that we provide, There will have to be consultations and that will take a chunk out of the time frame available and if they want to start the process in February, they will need to present a case in January next year."

SARAH WILLIAMS, Leader of Bridport Town Council: "The experience from other counties where unitary councils have been established – Wiltshire and Cornwall, for example – is that local parish and town councils could have to consider taking on more services. It is important that the views of the local communities are fully considered ."

OWEN LOVELL, Mayor of Lyme Regis: "This should have happened 15 years ago. As far as I understand, a unitary authority will result in a lot of things they took away during the local government reorganisation in the 1970s being returned to the town, such as the car parks and toilets. In Lyme Regis we want control of our own destiny, we don't want it in Dorchester.

Trust to host annual meeting

LYME Regis Development Trust will be holding its annual general meeting on Monday, April 18th at 7.30pm at the LymeNet offices at St Michael's Business Centre.

Doors open at 7.15pm for a 7.30pm start. After the main business of the meeting, the trust's CEO Peter Jeffs will talk about what the organisation has achieved over the past year, and outline plans for the future. There will also be an opportunity to chat with trustees over light refreshments.

New volunteers, especially potential trustees and members, will be most welcome.

Open garden in Sidmouth Road

AN open garden will be held as part of the National Garden Scheme at Little Cliff, Sidmouth Road, Lyme Regis DT7 3EQ.

The garden, which boasts exotic plants and a sea view, owned by Debbie Bell, will be open to the public from 2pm to 5pm on April 21st and 23rd, June 9th and 11th and July 7th. Entry costs £3.50 for adults and is free for children.

The garden will also feature in the July edition of *Country Homes & Interiors* magazine.

CORRECTION: Apologies for inaccuracies in the story "Councillor undergoes surgery after injuring his leg in fall" printed on page 3 of last week's *View From Lyme Regis*.

In the story we reported that Councillor John Broom injured his leg after falling in Hill Road on Saturday night, and the Reverend Rosemary Bragg then injured herself going to his aid.

Councillor Broom's fall actually took place on Sunday morning and the Reverend Bragg fell in a completely separate incident further down the road, breaking her arm. However, the pair were both taken to hospital in the same ambulance, as reported.

The Reverend Bragg would like to thank all those who helped both herself and Councillor Broom, who later underwent surgery.

'Great British Bake Off' winner's portrait to feature in local artist's latest exhibition

A PORTRAIT of "The Great British Bake Off" winner Nadiya Hussain, and her husband Abdal, will be among the work exhibited by local artist David Manners in an exhibition over Easter.

The exhibition, named "The Quest for Tranquility", will be held in the Malthouse Gallery at the Town Mill in Lyme Regis from Thursday, March 24th to Wednesday, March 30th.

A former maths teacher at the Woodroffe School, David only came to painting four years ago after a long-illness, but has since become a soaring success across the globe, with exhibitions and galleries in the USA, Mexico and numerous exhibition venues in the UK and Europe.

The star piece of his new exhibition will be a portrait of Nadiya Hussain, winner of last year's series of the hit BBC show "The Great British Bake Off", and her husband Abdal (pictured).

David said: "The painting came about by chance after a number of emails with Nadiya's agent who had seen my work on my website and on my paintings page on Facebook. I mentioned that I thought Nadiya was an inspirational Muslim lady in our troubled times and the idea of a portrait of the two of them grew.

"Her agent sent me a number of photographs to work from and on its completion I was delighted to know that Nadiya and Abdal loved it and were very happy with it.

"I'm saddened, however, that they cannot come to the exhibition owing to other commitments, but on its conclusion on Wednesday 30th their portrait will be delivered to their home in Luton."

David's exhibition will be open daily from 10.30am to 4.30pm.

For further information on David and his work, visit the website www.davidmannersart.co.uk or search "David Manners' Paintings" on Facebook.

Mad Hatter theme for this year's Easter Bonnet Parade

THE annual Easter Bonnet Parade in Lyme Regis will this year take on a Mad Hatter's Tea Party theme.

The annual competition and procession will be held on Easter Sunday, March 27th. Judging of bonnets will be held at 2pm in the Baptist Church Hall, and the parade will head down Broad Street and along Marine Parade at 3pm, led by the Mayor of Lyme Regis and followed by Lyme Regis Majorettes, who will give a performance on the seafront after the parade.

Alan Vian from the Lyme Regis Regatta & Carnival Committee, which is organising the event, said: "Celebrate a touch of spring with the colour and the spectacle of the Easter Bonnet Parade. This traditional event, now in its eighteenth year, attracts a large crowd both in Broad Street and along the seafront."

This year children and adults are invited to decorate their hats and bonnets with a Mad Hatter's Tea Party theme, and a special cup will be presented to the best entry in this category.

There will also be prizes in five age groups, as well as those for ladies and gentlemen, and special prizes for the best under-fives entry. A cup will also be presented to the best family or group entry.

Mr Vian added: "We look forward to seeing a great crowd of people, many of whom come from quite a distance for this special occasion, wearing Easter bonnets or simply lining the streets to watch the spectacle."

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Halls to close award-winning public loos

THE award-winning public toilets at the Woodmead Halls in Lyme Regis are due to be closed on April 1st after failing to come to an agreement with Lyme Regis Town Council over paying for the facility

Lyme Regis Town Council has annually paid the Woodmead Halls £25,200 to operate public toilets under a service level agreement (SLA), which expires on March 31st.

This has previously been paid from the council's major grants budget but Woodmead Halls Committee chairman and town councillor Stan Williams has argued that, as the operation of the toilets is a contractual service, the funds should not be taken from the grants pot when this money could benefit other local organisations.

The Woodmead Halls Committee decided not to apply for a grant this year on this reasoning, but the council has not set aside any other funds for the service level agreement in its budget.

The committee said it was keen to renew the service level agreement and requested £19,926 annually for the operation of the toilets. However, some councillors expressed concerns that this figure was too high and represented a large percentage of the halls' overall net operating expenses of £28,657.

Members also argued that the figure was high in comparison to the cost of running the Marine Parade public toilets - £21,651.85.

The halls committee offered to reduce their previous fee by around £5,000 by cutting the hours the toilets were open. But the council rejected this figure and offered a maximum of £15,700.

The halls committee met on Monday evening to consider the council's new proposal but rejected the offer as it was felt, as a registered charity, they were unable to run the toilets at a loss.

"It is with regret that we will be closing the toilets, once voted among the cleanest in England, on April 1st, " said Councillor Williams.

Speaking at last week's town council meeting when members considered renewing the service level agreement, Councillor Williams said: "It was in 1999 that I was pleaded with by the council and the committee to take over the management of the halls because in that time it was in a very bad state, it was virtually shut, really run down.

"There was a vast amount of work to do. We started off in the first two years by spending £19,000 improving the toilets to the standard the council then required."

■ **STAN WILLIAMS: 'No option but to close the Woodmead Halls toilets'**

Referring to the previous council administration, he continued: "We had a contract, it was very clear, but when the gang of six came in suddenly there was a change. I had no idea that they were working to run the place down. I heard one councillor say 'the sooner they pull the Woodmead Halls down for more car parking the better'.

"The money we get for it is certainly not more than needed, £25,000 is a very small amount. The town clerk has said we run the Marine Parade toilets on less than that, I asked for full details because we've given them every detail we have, but do we get an answer on what the seafront ones cost? Not that I want to be compared to the horrible toilets on the parade. We are not going to fall to that standard.

"I am not prepared to argue the case. We are prepared to run it until May 31st as long as we get the same rate we have been getting, that's the position."

Councillor Cheryl Reynolds, who sits on the Woodmead Halls Committee as the council's representative, said that nobody would argue that the halls' toilets were kept in a great condition, but she felt the cost of operating them was too high.

"If you look at the amount of water used at Marine Parade toilets, the water bill is twice the size of yours," she said to Councillor Williams.

"230,000 people used the seafront toilets in 2012, I'm absolutely certain that 230,000 do not use the Woodmead Halls. Some of the toilets at Woodmead Halls are used by people who book that halls.

"Nobody would say that you do not keep the toilets in an absolute pristine condition, which we would like all our toilets in, but the cost of running those toilets is exorbitant."

Councillor Stephen Miller said he could understand the Woodmead Halls' position in not wanting to take money for the grant pot, but it had left the council in a situation when "we're going to have to draw on monies we haven't budgeted for".

He added that the cost of the toilet provision at the halls was "disproportionate" against the total operating cost, and that there was a "considerable difference" in sewerage and water charges at Marine Parade compared to Woodmead Halls.

Right and prudent

"If you take the figures as stated in the report then Woodmead Halls' throughout is 53 per cent of the cost of the Marine Parade toilets, which would be £11,475. There's a difference, therefore, from that to the quote in this report of £19,926. Within their costing, the Woodmead Halls covers repair, decoration, renovation, depreciation and operating costs, which its right an prudent to do."

Councillor Miller said the council should "definitely continue" with toilet provision at the halls but for the lower cost of £11,475 plus 50 per cent of overhead costs – another £4,225 – making a total of £15,700, which he said would be "fair and reasonable".

Members also discussed the possibility of reducing the toilet operating hours to reduce costs, but town clerk John Wright warned councillors: "You still have to satisfy yourselves that this represents value for money because these are public finances."

The Mayor of Lyme Regis, Councillor Owen Lovell, said the council needed to find a reasonable way to move forward "without rocking too many boats".

He added that the council spent around £25,000 for both the Marine Parade and Candles on the Cobb Pavilion toilets, and it had been paying this to the Woodmead Halls for just one block of toilets.

Councillor Williams argued: "There's no way we are going to lower our standard. To compare us to the ones on the front… most people hold on for as long as they can and rush up to ours because the ones on the front are so disgusting.

"As far as I'm concerned this is all a joke."

He then invited councillors to the halls to show them how the money was spent and how many people use the facilities, adding: "I'm not going to lower the standard… I don't accept that at all."

The town clerk told councillors that they would have to come to a decision that night, commenting: "My plea now is that, this has been going on a long time, we need to get a resolution and we need to deal with this issue tonight. We can't afford the time or the angst to have a continued debate which lasts for another four or five weeks."

But Councillor Derek Hallett argued: "If you're going to have to find an alternative, which it very much looks like you will, it will cost £200,000 plus to build a toilet block, you'll lose car parking spaces and will have to spend £21,000 a year to have it cleaned."

However, members agreed with Councillor Miller's proposal to offer the Woodmead Halls Committee £15,700 a year for the provision of toilets.

Commenting after the halls committee's decision to close the public toilets, Councillor Lovell said: "The council has considered this matter at length and approved an offer of £15,700 for the provision of public toilets at the Woodmead Halls.

"The council considered this to be a fair and reasonable offer, so it is with regret that we have been notified by the Woodmead Halls Management Committee that it considers this offer unreasonable, and intends to close the public toilets from April 1st.

"The issue of public toilet provision will be brought back to members at a future meeting."

See LymeLetters on page 17

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Will the Regent rise from the ashes?

Lyme Matters

by Philip Evans

I HAVE covered numerous serious fires in Lyme Regis over the years - but none quite so upsetting as the blaze which all but destroyed our beloved Regent Cinema yesterday (Tuesday).

Locals were openly weeping in the street as they watched flames shooting 50 feet or more above the cinema roof.

Lyme has always been rightly proud of the Regent which had recently undergone a refurbishment costing, I would imagine, many thousands, and about which many cinemagoers have been raving.

Lyme is so lucky to have a cinema which is open seven days a week throughout the year, possibly the smallest town in the country which has such a facility.

For those of us who grew up in Lyme, the Regent has always been close to our hearts. We remember the Saturday morning flicks, free film shows during Regatta Week and then, when we were older, the ritual of going to the cinema on a Sunday night for a spooky film and the regular occurrence of cinema owner Donald "Spike" Hardy stopping the film and getting up on stage to tell us all to behave.

It was also the place where most of us stole our first kiss.

Mr Hardy, who incidentally was Lyme Fire Brigade's station officer for many years, built the art-deco picture house in 1937 and ran it until the 1970s.

Nobody would have been sadder than Spike Hardy to see the Regent go up in flames.

But also, nobody would have been more proud of Lyme's finest who make up the Fire Brigade today. One of them came dangerously close to being injured when part of the building collapsed.

I can't remember too many big fires in Broad Street. Haddons, the gentlemen's outfitters, caught fire in the 1960s. Before I started work, there were big blazes at The Grove and Spindles in Haye Lane. I remember the latter because my dad was a fireman and we were on back beach shrimping and he was miffed that he missed the first engine.

Ahmerst Farm in Uplyme was another big one and the home of Mr and Mrs Jack Hoare in Coombe Street was destroyed by fire in the 1980s.

There must be others I can't remember but someone out there will...

The big question being asked now is whether the owners, Scott Cinemas, will rebuild.

The Regent is hugely popular, especially with the visitors when it's raining, but its future must be in doubt. I sincerely hope it does not end up as a block of flats.

When I was younger we would wait an eternity for a new film to arrive of the Regent screen. Now, of course, they can be seen as soon as they are released and live broadcasts from West End shows and concerts are a popular addition to the Regent's entertainment programme.

I'm sure many *View* readers have their own recollections of the Regent.

A bottle of champagne for the best memory.

◆ **THE wonderful interior of the Regent Cinema captured by local photographer Richard Austin**

■ A SKI-LIFT from Holmbush car park, zig-zagging across the gardens and onto the parade. Welcome to Klosters-by-Sea.

This is the vision of Chard businessman Clive Hemsley who secured ten minutes before last week's town council meeting to present his ambitious plan.

Apparently it will cost £2.5 million but he was not looking for any money from the council (there's a pleasant change!) - he just wanted their approval.

Nobody could accuse Mr Hemsley of not being enthusiastic about the project. He positively gushed about his love for Lyme, telling the council: "I love Lyme, I love you all and I love your vicar!" The Reverend Jane Skinner was present to say prayers and went a delightful shade of pink!

I fear Mr Hemsley's enthusiasm might be deflated slightly when he seeks an engineering perspective to his project which he claims will bring great prosperity to Lyme.

I'm not sure town councillors thought such a project was feasible with our notorious unstable cliffs, but they agreed to give it some consideration.

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■ UPLYME Pre-School said a fond farewell to Kate Pelaou last Friday. Kate has been a regular helper at the pre-school for more than 21 years. She started to help when her children were at the group, and has continued to do so until now. The children presented Kate with flowers, chocolates and handmade card to say goodbye.

Mayor says West Dorset's silence on service reviews has been 'deafening'

THE Mayor of Lyme Regis, Councillor Owen Lovell, has said the silence from West Dorset District Council regarding their service reviews has been "deafening".

The district council is currently reviewing all of the services it provides, including those in Lyme Regis such as the Tourist Information Centre and public toilets, which could result in the town council taking on more responsibilities.

The matter was raised at last week's town council meeting, when Councillor Brian Larcombe asked the mayor why he had held meetings with West Dorset's strategic director and local MP Oliver Letwin.

Councillor Lovell said he was hoping to have quarterly meetings with the strategic director to "keep abreast of what is happening at West Dorset" following the town council's enquiry regarding the service reviews in October, adding: "We're getting a little information but not too much."

He added that his meeting with Mr Letwin had been on a similar topic. He said the MP was "quite keen on localism" and thought it would be a "wonderful thing" if Lyme Regis became a pilot scheme in West Dorset by taking on services from the district council.

"As I said to Mr Letwin, the silence from West Dorset District Council has really been quite deafening and we're hoping that nothing has happened yet," he added.

Town clerk John Wright said that the town council had set up a working group to talk about West Dorset's service reviews and transfer of assets.

"We did contact the chief executive in October and there has been some discussion with officers. They fell a little dormant for some time but, as of last week, they have been back in contact."

Mr Wright said that West Dorset was aware that the town council was "very keen to pursue this" and that the local MP was also keen to move the matter forward.

Town meeting to be held in Guildhall

A TOWN councillor has asked why the council is going against tradition this year and holding the annual town meeting in the Guildhall.

Speaking last week, Councillor Derek Hallett said it had always been custom to keep the annual town meeting separate from regular council meetings and hold it in a community venue such as the Woodmead Halls, to make it apparent that all were welcome.

However, this year the meeting will be held on the evening of Friday, April 8th in the Guildhall, where all other council meetings are held.

The Mayor of Lyme Regis, Councillor Owen Lovell, said it had been scheduled for the Guildhall simply because the Woodmead Halls was already booked.

But Councillor Hallett expressed concern that if a large number of people attended the meeting - which is open to all residents to raise any local concerns they may have - there would not be space in the Guildhall, adding that on one occasion around 200 people had attended.

Councillor Lovell said they would have to address any issue which may arise at the time and would have to reschedule the meeting if too many people attended.

CONTINUING our series commemorating the 100th anniversaries of the deaths of all men from Lyme Regis and surrounding areas who died in the First World War, we remember Thomas Burton Ogle from Charmouth. With thanks to Vernon Rattenbury from the Royal British Legion Lyme Regis branch for the research.

THOMAS BURTON OGLE

Second Lieutenant, 3rd Battalion attached to 2nd Battalion, Dorsetshire Regiment, Born in 1886 in Sherborne and died March 23rd 1916 in Mesopotamia

Thomas Burton Ogle had been promoted Second Lieutenant on December 14th 1915 and, while serving with this battalion in Mesopotamia, they took part in the following actions: Battle of Kut al Amara, September 28th 1915; Battle of Ctesiphon, November 22nd to 24th 1915; Affair of Umm at Tubul, December 1st 1915.

He was killed in action during the Siege of Kut.

Son of the Reverend Joseph Ogle of The Manse, The Street, Charmouth, he is commemorated on the Basra Memorial in Iraq, panel 22 and 63, and is also commemorated on the Charmouth War Memorial.

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Lyme Letters

West Dorset wants letter and spirit of democracy

■ THE current edition of *Your Dorset* (spring 2016) headed "Reshaping Democracy" reflects the fluid position on council structure currently.

There is, however, one aspect that is at the very heart of local government that has so far been glossed over in this coverage. It's understood very well by most people. But it seems it gets little oxygen.

The crucial factor is whether – whatever the precise system adopted – it will fairly meet the needs of all residents and have a politically-balanced arrangement for councillor participation. The 45 per cent of the vote that went to West Dorset District Council's main party in recent years gave it no less than 100 per cent of Cabinet seats! And enabled the Cabinet to shape policy to do extreme things like placing new council offices on a Dorchester 226-space public car park!

Councillor Michael Bevan, Conservative county councillor of Dorset County Council, where the same figure, 45 per cent, gives effective control at County Hall to just one party in a Cabinet of seven same-party colleagues, has said of the leader and Cabinet system "it should go".

Reading Borough Council recently converted voluntarily from a unitary leader and Cabinet to the committee system, and a member of the Conservative minority visited a Public First stand in Bridport to say specifically what a major improvement it had brought – less factionalism, more co-operation, and often getting things done faster because discussion on the basis of reason resolved things.

Whatever the type of structure we have, we must have a system that builds collaboration and co-operation. And we must never again allow a small group, with a minority of votes, to have enormous power to implement strategies that cannot be interactively discussed and debated in full, and where many councillors are not involved at all in the strategy.

Beware phrases like "we will ask you" and "we will consult". They did that last time and it counted for nothing. The people were ignored.

It is vital that all who believe in true democracy vote in the special referendum on May 5th for West Dorset to change to the committee system. This will set down a marker. West Dorset wants the letter and spirit of democracy – not a group clinging on to power with a minority of our votes and strategy dictated by one party.

John Grantham,
Public First Group

Crossing should be at Bridge Street

■ THE town council currently has a petition going, asking for signatures to support a crossing somewhere on Broad Street.

A controlled crossing would be a good idea, but not a zebra crossing, which could hold up traffic all day.

In my view, the best solution would be to have a push-button system at the Bridge Street traffic lights. Traffic is already stationary here, there are no high kerbs to hinder pushchairs or wheelchairs, and it would mean the flow of traffic along Broad Street could remain pretty much as it is already.

It would also be cheaper than installing an entirely new crossing further up the hill.

Jill Newton
Sidmouth Road, Lyme Regis

Woodmead toilets will close to public after failed negotiations with council

■ FOR several years the Woodmead Halls Committee has provided toilet facilities for public use on behalf of Lyme Regis Town Council via a service level agreement which expires on March 31st.

Every effort has been made to negotiate a new agreement with Lyme Regis Town Council but unfortunately the figure offered by them does not cover the cost of the overheads incurred.

As a registered charity run by volunteers, the Woodmead Halls Committee cannot subsidise this service and therefore, with regret, from April 1st toilet facilities for public use will no longer be available at Woodmead Halls.

The toilets will continue to be maintained to their usual high standard for users of the hall.

Stan Williams,
Chairman, Woodmead Halls Committee

The views expressed in letters are those of the author and not necessarily of this newspaper

Plenty of easter fun at Town Mill

FAMILIES will be able to celebrate an Easter full of special activities at the Town Mill in Lyme Regis from March 25th to April 10th.

During tours of the working water mill, children can take part in a bunny hunt by seeking out ten grain bunnies, named after different milling grains, which will be hidden around the medieval building. The hunt costs £1 to enter and those who find all 10 will receive a prize.

The tours take place daily over the Easter holidays from 11am to 4pm at weekends and 11am to 2pm on weekdays.

There will also be a lucky dip, and families can enjoy the mill's art galleries, café, pottery, silversmith, seamstress and micro-brewery. Local artist David Manners' exhibition "A Quest for Tranquillity", will open on March 24th and Good Friday will see the opening of the mill's latest tenant, 20-year-old local stonemason Archie Faiers.

For more information, visit the website www.townmill.org.uk

View from the churches

THE range of chocolate Easter eggs seems larger than ever this year!

One type that is stocked in several national supermarket chains is manufactured by "The Meaningful Chocolate Company". I purchased their "top of the range" model a couple of weeks ago, in order to reveal its unusual contents to the 10am congregation at St Michael's Parish Church in Lyme Regis on Easter Day.

I won't spill the beans now, other than to say that it reminds us of the true meaning of Easter through a full-colour, child-friendly version of the whole Easter story. It seems to be important nowadays to retell the Easter story as many people have very little knowledge of its detail. Even if some of the essential facts are recalled, many don't realise the implications of the Easter message.

Christians claim that there are two major consequences for us all. Firstly, that Jesus in his death on the cross bore the sins of the world upon himself, so that we might be forgiven and reconciled again to God. Secondly, that Jesus in his resurrection from death has conquered the power of evil, so that we might have God's power to overcome evil ourselves.

I've expressed the message of Easter in just two sentences, but of course there are many more wonderful implications for both ourselves and our world, which the churches of Lyme Regis and Uplyme will be explaining in their Easter services on Sunday. And because the Easter message is probably best grasped experientially, we'll hold services with extra joy and fun, such as the 6.45am sunrise service at Langmoor Gardens, 11am at St Andrew's in Monkton Wyld with an Easter egg hunt and refreshments, and 4pm Easter praise at Bethany Chapel with tea and cake to follow. There is so much more to Easter than chocolate eggs, even "real Easter eggs"!

The Reverend Stephen Skinner,
Team Rector, Golden Cap Benefice

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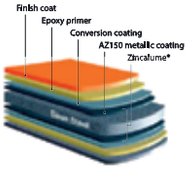

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Museum hosts Easter fun for all the family

LYME Regis Museum will be hosting a number of family and fundraising events over the Easter period.

On Wednesday, March 30th in the Marine Parade shelters, the museum's Help Us Grow (HUG) group, raising funds for the proposed £1.4million Mary Anning Wing extension, will be holding a cake and jam sale while the Museum Friends will be running a book stall, which will continue on Thursday, March 31st.

Meanwhile in the museum, a free family fun day will be held with craft sessions from 10.30am to 1pm and 1.30pm to 4pm. Children will be invited to make their own crafty dinosaur eggs with local artist and teacher, Alison Bowskill.

Also on March 30th, the HUG group will host a quiz night with an Easter theme in the Pilot Boat Inn starting at 7.30pm. Entry costs £2 per person with teams of up to six permitted.

On Wednesday, April 6th from 11am to 2pm another children's activity day will be held, this time teaching youngsters to make an ammonite plate or a dinosaur on a stick, and each child will go home with a "discovered" fossil of their own.

The cost of this event will be £3 per child, with all proceeds going to the Museum's Mary Anning Wing extension fund.

For more information on all events or the Mary Anning Wing extension, which will include a new geology gallery, learning space, extended shop, lift and toilets, call the museum on 01297 443370, email info@lymeregismuseum.co.uk or visit the website www.lymeregismuseum.co.uk

Writing contest sees thousands of trees planted

TALENTED international writers and poets will be gathering at the Woodmead Halls in Lyme Regis on Saturday, March 26th, to hear who has won a share of the £3,000 prize money in this year's Magic Oxygen Literary Prize (MOLP).

Magic Oxygen is a small, green publishing house in Lyme Regis run by Tracey and Simon West and their global search for the best short stories and poems took place during the latter part of 2015.

The contest, now in its second year, attracted almost 1,000 entries from 34 countries on five continents, and remains the only competition in the world to plant a tree for every single entry received. On Saturday, the winners will be announced and the event will be live streamed around the world on YouTube.

Tracey said: "We're both passionate environmentalists and we wanted to tie MOLP in with a vital reforestation project. After consulting with forestry expert Ru Hartwell, a remote community called Bore in Kenya was chosen as the perfect place for the Word Forest.

"It had suffered devastating damage from deforestation, primarily to build hotel accommodation along the coastal regions. The loss of natural habitat for wildlife was calamitous but the villagers also lost a vital source of food, medicines, water purifiers and protection from the elements.

"The competition trees are planted by the villagers and children of Bore and the benefits of good forestry management and sustainability are now palpable in their community."

Simon added: "Trees planted close to the equator are the most efficient at capturing carbon from the atmosphere and keeping the planet a bit cooler. MOLP has created a win-win situation, the entrants feel the same way about it too.

"Whether they make it through to the shortlist or not, everyone is sent the GPS co-ordinates of their tree, the data for which has been collected on an electronic logger by Alex Katana, the project manager in Bore. This has transformed our humble writing contest into a legacy project."

Additionally, MOLP is funding the building of an urgently-needed new classroom at Kundeni Primary School in Bore. Around 300 children attend the school, many of whom sleep on the premises because it's too far to walk home, and they only have one decent classroom to study in, the other buildings are entirely ramshackle. The walls of the new class are almost complete and then work will start on the roof.

MOLP will fund the desks, chairs and other essential educational materials as soon as it is weatherproof.

James Kithi, headmaster at Kundeni Primary School, commented: "The classroom shall for a long time act as a motivation to children, as they will understand that their effort in planting and taking care of the trees is being recognised."

Last year, MOLP created a leafy footprint twice the size of Wembley Stadium and in the past few weeks, an additional 1,000 neem and aborea trees have been planted for this year's competition, right alongside the primary school.

Recently, the reforestation company Tree Nation were so impressed by what had been achieved by the competition, they pledged 2,000 euros to boost the inspirational project.

Ru Hartwell, the Word Forest co-ordinator, said: "The kids at Kundeni are watching a brand new classroom being built for them and thousands of trees being added to their Word Forest. They know in a very tangible way that their education is being supported by writers from all over the world.

"Many of these children don't even own shoes or exercise books, things we take for granted, so this is a very big deal. MOLP is an incredible project, talented creative writers get exposure, Kenyan youngsters get an educational boost and tropical Africa gets reforested. It begs the question, why isn't the whole world doing this?"

The doors of Woodmead Halls will open at 12noon and all are welcome to attend the free event and meet some of the Magic Oxygen authors who will be launching new books, including the prolific children's author Sue Hampton and local authors Heather Godfrey and Tony Lambert. There will also be a handful of literary talks given on various topics.

Food and refreshments will also be available from Helen Roberts of The Flour Pot in Chard.

To book your tickets or find out more about the project, visit the website www.magicoxygen.co.uk

Young opera company to perform at village church

■ A GROUP of young music graduates who have formed The Piccalilli Opera Company will be performing at St Paul's Church in Wooton Fitzpaine, near Lyme Regis, on Saturday, April 2nd. The young musicians joined forced with the aim of bringing opera to areas within the UK where people have fewer opportunities to enjoy this art form. They have volunteered an evening of music by Verdi, Mozart and others at Wooton Fitzpaine, starting at 7pm. Tickets cost £10 including refreshment and can be booked by calling Sue Bradbury on 01297 560455 or Anne Sharp on 01297 560780.

Read the latest local news online

Read the most up to date news stories in Lyme Regis online at www.lymeregis-today.co.uk

@ViewFrancesca @view_online

Theatre launches grand raffle to be drawn at Edwardian dinner

THE Marine Theatre in Lyme Regis has launched a grand raffle to be drawn at an Edwardian Vaudeville themed dinner in April.

The raffle has been launched with prizes featuring a Mitsubishi full hospitality package for the Badminton Horse Trials for four people, and a voucher towards a cottage holiday in one of Toad Hall Cottages' 730 properties in the South West.

Other prizes include a holiday voucher from Hay's Travel in Bridport, a voucher package for the Royal Shakespeare Company, dinner for two at the Alexandra Hotel and a tour for two at Palmers Brewery in Bridport.

Tickets are widely available in the town with the grand draw to be held on April 23rd at Marine Music Hall - an Edwardian Vaudeville themed black tie dinner at the theatre.

A host of local businesses are generously making donations for all courses, from canapés to coffee, including Hix Oyster and Fish House, Tom's Pies, Mulberry Manor, The French Lieutenant's Bistro, Courtyard Café, Tierra Kitchen, Galley Café, Tesco, Co-op, Miller's Farm Shop and Amid Giants and Idols.

Slightly Fat Features, the award-winning comedy variety troupe, will host the evening and entertain between courses with highly-skilled cabaret stunts, orchestrated madness and hilarious routines. Music and dancing will round off the night.

The Marine will also be hosting a Mystery Masterpiece Art Sale on Monday, April 4th, giving everyone a chance to purchase an original work of art donated anonymously by local artists, both amateur and professional, at an affordable price.

All are welcomed to the sale. Entry is free and doors are open from 11am to 9pm. Visitors will be entertained by a range of local musicians and the bar and coffee shop will be open throughout.

Now that the theatre's roof is watertight thanks to grant funding, repairs and front of house improvements can continue.

Clemmie Reynolds, artistic director at the Marine Theatre, said: "We have ambitious plans for improvements to this much-loved theatre to ensure a sustainable and accessible venue for the community.

"Our theatre building has stood here for over 130 years and we want to continue its survival for future generations."

Details are available on the Marine Theatre website www.marinetheatre.com. Raffle tickets are available from the theatre by calling 01297 442394, and tickets for the gala dinner can be booked by calling 01297 446066.

Candles start new fundraising campaign with charity golf day

FOLLOWING the great success of Candles on the Cobb 2015, the organising committee is already looking ahead to the next big event in 2018 and starting its fundraising campaign.

Candles on the Cobb, which saw Lyme Regis' historic harbour lit up with 5,000 candles, was held in August raising £40,000 for local youth causes and Make A Wish UK.

The first fundraiser for the next event in 2018 will be the annual charity golf day, which will be held on Friday May 27th at Lyme Regis Golf Club.

Booking early is recommended for this fun day, costing £25 for non-club members and £10 for members, including breakfast and a donation to the charity.

To register and your team of three, contact the golf club on 01297 442963 or email admin@lymeregisgolfclub.co.uk

For further information about the day, contact Les Herbert via email at lescotc2018@sky.com

Bridport Leisure Centre

Easter Opening Hours and Holiday Activities at Bridport Leisure Centre

BRIDPORT LEISURE CENTRE is offering a range of activities this Easter to keep little ones active and entertained. Activities include snorkelling, street dance, trampolining, creative movement and much more. Please visit www.bridportleisure.com for the latest holiday timetables.

The Big Splash Fun sessions will be running from 2.00pm – 3.00pm on Mondays, Fridays, Saturdays (Inflatable Session) and Sundays. The Main pool will be filled with a variety of fun floats, mats, woggles and toys for all the family to enjoy. On Saturdays the Main Pool will feature the 'Twin Track Extreme' Inflatable – lots of fun to be had whatever the weather! For more information or to book an activity, please call the Bridport Leisure Centre on 01308 427464.

Easter Opening Hours and Timetable amendments

The Centre is open as usual over the Easter break but will be closing slightly earlier on some days. Please see below:

Good Friday, 25th April: The Swimming Pool will be closing at 7:00pm and the Fitness Suite will be closing at 9:00pm. Aqua Fit at 11:15am and Circuits at 6:30pm will not be running.

Easter Sunday, 27th March: Aqua Fit at 9:00am will not be running and the Pool will be closing at 5:00pm

Easter Monday, 28th March: The Fitness Suite will be closing at 9:00pm. Circuits at 6:30pm, Lower Body HIIT at 7:00pm and Spinning at 7:30pm will not be running.

We wish all of our customers a very happy Easter!

Bridport Leisure Centre
Tel: 01308 427464
www.bridportleisure.com

Bridport Leisure Centre, Brewery Fields, Bridport, Dorset, DT6 5LN
Tel: 01308 427464 **Email:** info@bridportleisure.com **Web:** www.bridportleisure.com
facebook.com/bridportleisurecentre twitter.com/bridportleisure
Registered Charity Number 267781

Broadwindsor Craft & Design Centre

THE Broadwindsor Craft and Design Centre has been situated in the heart of the West Dorset's beautiful rolling countryside for the past 29 years. A Redundant farm building on the edge of the village was the starting point, but today the Craft Centre is renowned for its excellence and quality.

The Centre boasts a large restaurant that prides itself on serving delicious home cooked food every day, using quality local produce. The Centre is open from 10am-5pm every day and the restaurant serves breakfast from 10-11:30am, lunch from 12-2pm and cakes and cream teas until 5pm.

The main shop itself is like an Aladdin's cave, with shelves overflowing with great gift ideas for any age group. Gift vouchers are also available for the main shop and the restaurant. A high tea or a cream tea voucher makes a lovely gift for someone special, or a shop gift voucher for that person who you just can't think what to buy.

There are also lots of other individual units at the Craft Centre, including Earth Design, Attic Gallery, Mingled Yarn, Malcolm Giladjian's art studio, Caboodle and Sophie Rose Soft Furnishings.

With a large free car park and disabled access to most of the Centre, come and visit Broadwindsor Craft Centre, enjoy a fabulous breakfast, lunch or tea and see the vast array of gifts available in the shops.

Take a look at our website www.broadwindsorcraftcentre.co.uk and follow us on facebook.

Broadwindsor Craft Centre, Broadwindsor, Dorset, DT8 3PX. 01308 868362.

The Royal Lion Hotel

Royal Lion Hotel

Built in 1601 as a coaching inn, this grade II listed hotel has been extensively refurbished, yet still retains much of its history and unique charm. There are oak beams, wood panels and an open fire which help to create a warm, welcoming and comfortable atmosphere.

The Oak Room Restaurant

The elegant and sumptuous Oak Room Restaurant, set on the first floor of The Royal Lion Hotel, offers a daily changing menu featuring a blend of classic and modern cuisine. Our talented kitchen brigade are extremely proud to use local suppliers and ingredients whenever possible, ensuring the menu really reflects the delights of the West country.

Of course, your meal would not be complete without an excellent selection of wines; and in the experienced hands of our Restaurant Manager and his friendly team, you are bound to find that perfect variety to accompany your meal.

The Oak Room Restaurant is open to both residents and non-residents alike.

The Inn at The Royal Lion

The Inn offers a traditional pub atmosphere with open log fires to warm you during those chilly winter days.

A great place to meet friends for morning coffee and an informal lunch or a chilled glass of wine, The Inn also offers a variety of local ales to tempt the beer connoisseur before dinner.

The Inn also has a full pub menu and daily changing special board, and is open to residents and non-residents alike. On Sundays, we are proud to offer a traditional Sunday roast, along with an alternative selection of dishes associated with this great British institution.

THE ROYAL LION HOTEL

The Oak Room Restaurant

EASTER SUNDAY LUNCH
Sunday 27th March 2016

STARTERS

Homemade Cream of White Onion Soup with thyme croutons
Duck Liver Parfait with red onion marmalade & melba toast
Smoked Trout Caesar Salad with classic dressing & shavings of parmesan
Vulscombe Goats Cheese & Spinach Spring Roll with spicy tomato salsa & herb salad

MAIN COURSES

Roast Sirloin of English Beef with yorkshire pudding, horseradish sauce & thickened pan juices
Poached Fillet of Salmon with cucumber vermouth sauce, samphire & crushed new potatoes
Roasted Supreme of Chicken Wrapped in Pancetta with madeira jus, date & walnut seasoning
Wild Mushroom Risotto with a hint of white truffle oil, parmesan & wild rocket

The above served with a selection of seasonal vegetables & chateau potatoes

DESSERTS

Sticky Toffee Pudding with warm butterscotch sauce & vanilla bean ice cream
White Chocolate Fudge Tart with dorset clotted cream & fresh berries
Fresh Fruit Salad with mango & passion fruit sorbet
Dark Chocolate Bavarois with coffee sauce anglaise & frosted hazelnuts

Muscat de Beaumes de Venise 125ml £6.50
Sandeman's Ruby Port 50ml £2.80
Sandeman Founders Reserve Port 50ml £4.20

Fresh Cafetiere Coffee & Homemade Petit Fours
£ 18.95 per person for two courses • £ 21.95 per person for three courses

Please advise us if you have any particular food allergies or dietary requirements

www.royallionhotel.com | 01297 445622

Osprey Leisure Centre

Easter Kid's Club 2016

THIS school holiday Osprey Leisure Centre has programmed the usual variety of popular activities for kids aged 5 -14 years from 29 March through to 8 April.

Amongst the usual mix of activity days Osprey is now offering an indoor football academy on Tuesdays and Thursdays which when added to the half day multi activity sessions on the same day give 2 extra full days from 9am - 4pm which have recently been added to the programme earlier in the year.

Many children love using the inflatable obstacle course during private pool parties but have the rare chance to attend the junior sessions for the over 9's to 14 years which take place on Tuesdays and Thursdays from 2pm - 4pm for only £3 per child for a full 2 hours.

Now that the Legacy Cafe is open parents have the chance to add a lunch for only £2.50 to the day so another worry is taken away from them.

What better than to give your children the chance to have a great time in a safe indoor environment whilst expending much energy, having lunch and being active?

For any further information on the above or the adjacent adverts please feel free to contact the centre on 01305 824378 or visit the centre's website.

OSPREY LEISURE CENTRE

Osprey Easter Holiday Activities

Kids Fun Pool Sessions
Tues 29th March, Tues 5th April
& Thurs 31st March, Thurs 7th April
2.00 - 4.00pm 9 - 14 years only
£3.00 per session
New Large Pool Inflatable

Football Academy
5 - 12 year olds
Tues 29th March, Tues 5th April
& Thurs 31st March, Thurs 7th April
12.45 - 4.00pm
Only £7.00 per person •
• Oly £11.00 per day
or £13.50 per day with packed lunch

'Sporting Games' Days
5 - 12 year olds
Mon 4th April, Wed 30st March
Wed 6th April & Fri 1st , Fri 8th April
9.15am - 9.45am (registration)
to 4.00pm (collection)
Only £11.00 per day
Tues 29th March, Tues 5th April
& Thurs 31st March,Thurs 7th April
9.15am -12.30pm
Only £7.00 per morning

Tel: 01305 824378
www.ospreyleisure.co.uk
Castletown • Portland • Dorset • DT5 1BD

Nothe Fort

ON Wednesday 30th March, Nothe Fort events team invite you to their "World of Peter Pan". The Fort will be open from 10.30am to 5.30pm, last entry 4.30pm, entry price will be £9 for Adults, £8 OAP/Students, £2 children, under 5s free. Family Ticket £20.

Come along for a wonderful family day of pirates, red Indians, fairies and mermaids. Loads of different crafts for children to make, fossil painting, balloon modelling, fancy dress completion, face painting, treasure hunt, a Pirate Bouncy Castle and of course an opportunity to look around Nothe Fort.

Visit our web site www.nothefort.org.uk for full information and details of our other events for 2016.

NOTHE FORT
WEYMOUTH
The World of Peter Pan

Wednesday 30th March 10.30am - 5.30pm
Pirates, Red Indians, Mermaids and Fairies
Children's Crafts, Bouncy Castle, Fancy Dress Competition & lots more
A GREAT DAY OUT FOR ALL THE FAMILY

See our website **www.nothefort.org.uk** and details of forthcoming events in 2016

The Tunnel Target Sports Centre

THE TUNNEL
TARGET SPORTS CENTRE
SHOOTING CENTRE

SHOOTING FOR THE GENERAL PUBLIC

- 25m, 40 yard & 100m ranges
- 5 lanes - full bore
- Fully Supervised
- Practice Sessions
- Cafe

Live firing and fully supervised catering for all ages and abilities, prices from £15

Mon - Thurs & Sat throughout the Easter Holidays

E: info@thetunnel.co.uk W: www.thetunnel.co.uk

The Tunnel Target Sports Centre, Axminster Road, Charmouth, Dorset DT6 6BY - 01297 560049

HOMEMADE CREME EGGS

CADBURY EGGS DECODED! FINALLY, YOU CAN MAKE CADBURY-STYLE CREME EGGS AT HOME ANY TIME OF YEAR. AND YOU WANT TO KNOW THE BIGGEST SECRET? THE RECIPE IS INCREDIBLY SIMPLE! THE MOULDING TAKES SOME TIME AND PATIENCE, BUT IF YOU'RE NOT CONCERNED ABOUT LOOKS, THESE BABIES ARE EASY TO CRANK OUT, AND POSSIBLY MORE ADDICTIVE THAN THE REAL THINGS.

INGREDIENTS:

- 170g (1/2 cup) golden syrup
- 58g (1/4 cup) butter, room temperature
- 375g (3 cups) confectioner's powdered sugar (icing sugar)
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- yellow food colouring
- 1 (12 ounce) bag milk chocolate chips

FILLING: You're going to be really astounded at how easy this is.

Cream together the corn syrup, butter and vanilla.

Sift in the confectioner's powdered sugar and beat until incorporated.

Now to get fancy and separate the filling into whites and yolks! Take out about a third of the filling and stir in some yellow food colouring.

Put the two bowls in the fridge, as they're easier to work with once they're set up a little.

SHAPING THE INNARDS: Make little yolk balls out of the yellow mixture. Place them on some parchment (not foil). Put them back in the fridge or even the freezer to firm up.

When the yolks are set up, you can start embedding them in the whites. Scoop an amount of white filling out and flatten it into a cirucle. Place the yolk ball inside, and wrap the white around it. Then stick them back in the fridge.

FILLING THE MOULDS: Melt the chocolate in a double boiler or in short bursts in the microwave. Fill the moulds with the chocolate.

Once the moulds are set, plop a filling ball into half of each mould. Using more melted chocolate, join the two halves of the egg together.

Finally let set and demould.

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Super Spring Clean Savings

on Laundry, Refrigeration, Cleaning, Small Kitchen Appliances and Home Entertainment

EURONICS

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1200 Spin 6kg Washing Machine

Model No: HSTB621PUK

- 16 Programmes Inc Eco Cycle & Extra Rinse
- Wool & Silk Programme
- Super Wash, Fastwash 30 & 60
- Dimensions: H85xW59.5xD41.9cm

Only £219.99

Hotpoint

1400 Spin 7kg Washer Dryer

Model No: WDL754PUK

- 16 Programmes Inc Automatic Variable Load
- Automatic Drying Levels
- Wash & Dry Cycle in 45 Minutes
- Dimensions: H85xW59.5xD53.4cm

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- Fast Wash 30 & Fast Wash 60 Programmes
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Save £10

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- Anti Tangle Technology
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Was £229.99

Hotpoint

60cm No Frost Fridge Freezer

Model No: LECO7FF2W

- Fridge 189 Litres/6.67 CuFt, 2 Shelves, 2 Salad Bin
- Freezer 113 Litres/3.99 CuFt
- Automatic Door Closing
- Dimensions: H178XW60XD63cm

Only £349.99

Hotpoint

60cm No Frost Fridge Freezer

Model No: LECO85FF2WH

- Fridge 189 Litres/6.67 CuFt, 3 Shelves, 2 Salad Bin
- Freezer 113 Litres/3.99 CuFt
- Automatic Door Closing
- Dimensions: H189xW60xD63cm

Only £389.99

Burwoods DOMESTIC APPLIANCES

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84 St Michaels Trading Estate ,
Bridport DT6 3RR
Tel: 01308 424196

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Dorset's ultimate leisure guide

View 2

RANKING FULL STOP!

Ranking Roger and Ranking Junior bring The Beat to Dorchester

See page 32

SASHA AT CAMP BESTIVAL

DJ will lead the rave at Lulworth festival *page 24*

PITY THE FOO

Top tribute to Foo Fighters in Seaton this weekend *page 24*

SHOWSTOPPERS

Bridport Musical Theatre return with Showstoppers 5 *page 33*

TRANSMISSION

Your guide to local live music

The gigs

Friday 25 March
Spice Centre, DORCHESTER
BERNARDO PLAYING CONTINENTAL GUITAR
7.30pm.

Spice Centre, DORCHESTER
BERNARDO PLAYING CONTINENTAL GUITAR
7.30pm.

Pilot Boat Inn, LYME REGIS
HOT JAVA
9pm

Sat 26 March
The Crown Inn, BRIDPORT
STORM 9.30pm

Nag's Head, LYME REGIS
DANA IMMANUEL & THE STOLEN BAND

Electric Palace, BRIDPORT
FEROCIOUS DOG
Doors 7pm.
£14 adv/£16 door

Re-loved Vintage & Tea Rooms/Bistro,, DORCHESTER
BERNARDO PLAYING VINTAGE GUITAR
7pm. Free entry, booking advised - 01305 257070.

Winston's SEATON
PITY THE FOO
£10adv / £13 door

Sun 27 March
The Crown Inn, BRIDPORT
A TRIBUTE TO ELVIS - TIM BASSETT
9.30pm

Sat 2 April
The Crown Inn, BRIDPORT
GOLIATH 9.30pm

Nag's Head, LYME REGIS
PERFECT STRANGERS

Reaching for the stars

CAMP BESTIVAL organisers are very excited to announce the DJ line-up for this year's Outer Space extravaganza. And you can be sure that the moon walk is just one of the signature moves that we'll be busting out as we reach for the firmament of dancefloor stars who'll be keeping us space raving family style all weekend long at Lulworth Castle at the end of July.

Astro-mixmaster Rob da Bank says: "We always like to get the whole family dancing at Camp Bestival, so this year I'm really chuffed that we have some proper DJing legends who will be more than familiar to mums and dads but who will definitely get the kids up on their feet and partying. From the legendary Sasha, Hacienda giant Greg Wilson and lifetime Camp Bestival resident David Rodigan to amazing family ravers Big Fish Little Fish and Fun DMC, not forgetting Pan's People, we're all going to be spoilt for choice!"

Heading up the cavalcade of cosmic explorers, and providing a golden opportunity for parents to relive their intergalactic youth, the festival welcomes **Sasha** back to Space Camp Lulworth. A veritable rave god, Sasha is a man who knows how to take a crowd on a voyage into the unknown and we can't wait!

The legends don't stop there as we will also have hacienda stalwart **Greg Wilson's Super Weird Substance**, reggae great **David Rodigan MBE** who will present Ram Jam featuring sets from Trevor Nelson, Wookie, Kiko Bun (live) and Venum Sound and rare groove kingpin **Norman Jay MBE** will be making good on the ones and twos. Plus, we will have sets from Acid Housewife featuring Lottie & Smokin Jo, and English Disco Lovers.

Pioneers of family clubbing Big Fish Little Fish will be back to rock the tots once again and there will be beats and bass for big and little kids alike with sets from Fun DMC, the Kids Disco with Pan's People, Nutty's Disco and Junior Jungle Rave who are guaranteed to make the little'uns jump up.

For more details visit www.campbestival.net

PITY THE FOO, the South West's premier Foo Fighters Tribute Band, will recreate Foo Fighters' awesome live sound and performance at Winstons, Seaton on Easter Saturday, March 26th.

You can expect to experience awesome high powered sets with all a true Foo Fighters fan's favourite songs including Learn To Fly, Monkey Wrench, Everlong, The Pretender, Something From Nothing, All My Life, Rope, Best Of You and plenty more.

Band leader Tod said: "This is the first time we have played down here, but we heard it's a great venue and are looking forward to putting on a show that everyone will enjoy and remember".

Winstons Manager Chris Oakes added: "We have managed another coup ,as these guys don't usually play small venues so we are really looking forward to the gig, we have already sold a quarter of the tickets so get yours soon."

Tickets are £10 in advance, or £13 on the door, available from Winstons on 01297 20494, Beer Village Stores 01297 21782, or Axe Music (Axminster) 01297 631609.

THE CROWN INN
WEST BAY ROAD, BRIDPORT
Saturday 26th March, 9.30pm
STORM
Sunday 27th March, 9.30pm
A TRIBUTE TO ELVIS - TIM BASSETT
Saturday 2nd April, 9.30pm
GOLIATH
www.lemonrock.com/crowninn
Tel 01308 422037

Records & CDs bought & sold
Musical equipment & Hi Fi bought, sold & repaired
Clocktower Music Bridport
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10A THE ART & VINTAGE QUARTER, ST MICHAELS, BRIDPORT, DT6 3RR
01308 458077

The Nag's Head
Silver St, Lyme Regis
Tel 01297 442312
FORTHCOMING EVENTS
Saturday 26th March
DANA IMMANUEL AND THE STOLEN BAND
Saturday 2nd April
PERFECT STRANGERS
Saturday 9th April
REAL DEAL
www.nagsheadlymeregis.co.uk

LIVE MUSIC FRIDAY
FRI 25TH MARCH FROM 9PM
HOT JAVA Led by the amazing vocal talents of Grace Gillan. Playing a mixture of funk, jazz and soul.
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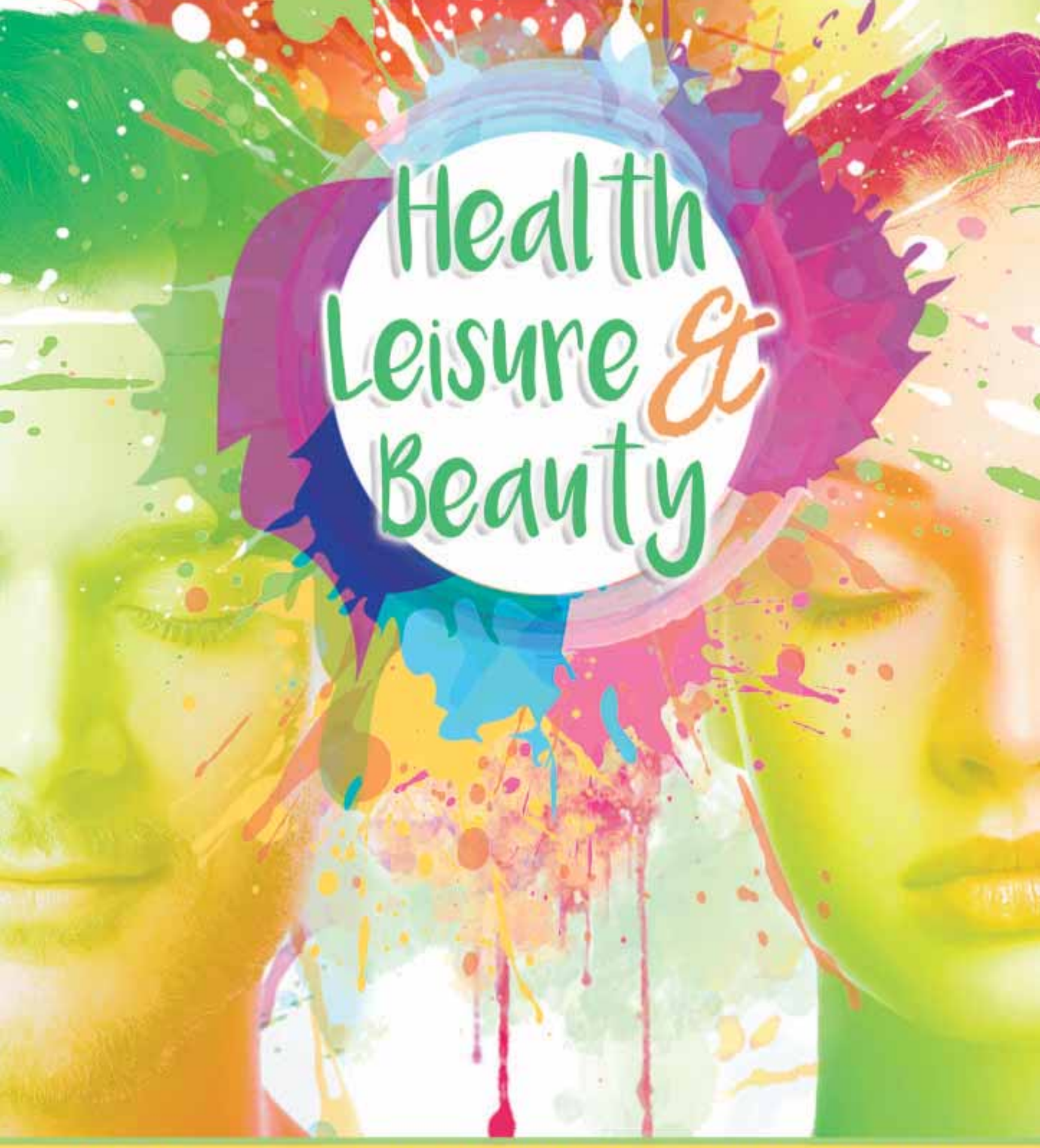
THE PILOT BOAT INN

Pity The Foo
A Tribute to Foo Fighters
www.pitythefoo.com
Tweet us #PityTheFooTwit
Instagram us @pitythefootributeband
at Winstons, Seaton - Saturday March 26th
All tickets priced £10.00 in advance or £13.00 on the door
Tickets available from
Winstons 01297 20494, Beer Village Stores 01297 21782
and Axe Music, Axminster 01297 631609



Your 7 page pull-out for Health, Leisure & Beauty
in East Devon, West Dorset and South Somerset

West of England Laser Centre

Q. I HAVE a mole next to my nose which I have often thought about having removed. I am going on a cruise in August to celebrate my 50th wedding anniversary and wondered if I would be able to have the treatment before then?

A. Yes, you have plenty of time to have this treatment before your cruise. Initially you would need to come for a Consultation with our Surgeon on a Monday evening or a Wednesday afternoon at the Nuffield Hospital in Taunton. You can make an appointment by telephoning 01823 331773 or by emailing lasercentre@lineone.net. Following the consultation we can book you in for your treatment, usually within a couple of weeks, if you wish to go ahead.

Q. I have always wanted to have this done .. but always been a little nervous how painful is the treatment?

A. Please do not be nervous, this treatment is very painless and straight forward. Our Surgeon will inject a small amount of local anaesthetic into the area prior to treatment. The laser is very precise and targets only the mole itself and does not affect any of the surrounding skin. When the anaesthetic wears off you may feel a slight discomfort or stinging, this is fairly mild but if you do wish to take paracetamol this will help.

Q. During the cruise I will be exposed to the sun, will I still be able to do this following treatment?

A. We would always recommend using a high factor sun cream whenever you are exposed to the sun, especially on the treated area. You would need to wait 2 or 3 weeks for the skin to be fully healed before you go into the sun but the high factor sun cream will not only protect the more sensitive, treated area but will also help prevent further sun dam.

Janis Meeks

Axminster Clinic for Fine Lines & Wrinkles!

Axminster Health and Wellbeing Centre, Hanover House, Chard Street, EX13 5DZ

AXMINSTER clinic for fine lines and wrinkles was established in 1999. We are associates of the famous Knightsbridge clinic of Dr Rita Rakus. In addition to our various injectables and fillers, our Doctor has recently introduced some exciting new wrinkle reduction treatments in Axminster that have previously only been available in our Knightsbridge clinic. These include Pellevé, Sculptra, Aqualyx and our two exciting new additions Ulthera and Rejuvapen.

Ulthera is a non-surgical, non-invasive procedure for the face that lifts, tones and tightens loose skin. The treatment will gradually stimulate the growth of new collagen over time to strengthen and tone your skin from within with no downtime.

Rejuvapen is a new microneedling system for skin rejuvenation that can help repair deep skin damage without causing further scarring or discomfort. The skin will become firmer, pores smaller, pigmentation, texture and the overall condition of the skin improved.

Sculptra works differently from traditional fillers gradually reducing lines giving a fuller natural look that can last up to 24 months.

If you would like to learn more about our various treatments please visit our website anti-ageing-clinic.co.uk

We offer free consultations giving you the opportunity to discuss the various options available with no obligation. This is an opportunity to ask our Knightsbridge doctor any questions you may have regarding any of our treatments. Please call Janis on 01243 698823 or 07906 786246 if you would like an appointment.

Beauty Spot or Mole?

Some moles are more attractive than others, if yours is bothering you, why not have it quickly and painlessly removed by laser?

For further information regarding all our latest non-invasive cosmetic treatments contact:

WEST of ENGLAND LASER CENTRE

Nuffield Health Taunton Hospital
Staplegrove Elm,
Taunton TA2 6AN

Tel: 01823 331773

www.welc.co.uk - email: lasercentre@lineone.net

Wrinkle Reduction, Frown Line Treatment, Skin Tightening and Lifting

Advanced treatments for fine lines, wrinkles, lip enhancement, facial contouring are available from our Knightsbridge doctor.

Sculptra

The volumiser designed to stimulate collagen with results that can last up to two years.

Next Clinic Sunday 3rd April 2016

New

We are excited to introduce two new treatments to Axminster (previously only available in our Knightsbridge clinic)

Visit our website for more info
www.anti-ageing-clinic.co.uk

Ulthera

Ulthera is a non-surgical, non-invasive procedure for the face that lifts, tones and tightens loose skin. The treatment will gradually stimulate the growth of new collagen over time to strengthen and tone your skin from within with no downtime.

Ulthera

Rejuvapen

Rejuvapen is a new microneedling system for skin rejuvenation that can help repair deep skin damage. The skin will become firmer, pores smaller, pigmentation, texture and the overall condition of the skin improved.

Phone for an appointment
01243 698823 or 07906 786246

Axminster Health and Wellbeing Centre
Hanover House, Chard Street, Axminster EX13 5DZ

Precision Reflexologist - Sonya Gallantree

SONYA is a fully qualified Precision Reflexologist and has been practising in the Honiton area for seven years as well as being a member of the Association of Reflexologists and also The Federation of Precision Reflexology.

Reflexology is a non intrusive complementary therapy performed mainly on the feet. The treatment is a gentle massage and stimulation of the reflex points within the feet. Clients usually feel deeply relaxed or energised after a treatment. Reflexology may be used to help relieve stress, improve circulation, ease pain and menopausal symptoms. Reflexology helps the body to heal itself and restore balance.

Please call if you would like more information or to book an appointment.

Herbalist Health - Cheryl Reynolds

HAVING qualified with the National Institute of Medical Herbalists in 1988, Cheryl has been treating patients for 28 Years following a graduation from an accredited course, where students are trained in both medical and plant sciences.

Cheryl's decision to spend four years studying herbal medicine was initiated after being diagnosed with Rheumatoid Arthritis at the age of 21. "Spending 15 years on orthodox medicine didn't suit me, but with the help of herbal medicine I regained a life that has been worthwhile and has enabled me to play a part in others life's which has been both rewarding and extremely interesting".

Herbal Medicine can benefit patients of all ages, from infants to the elderly. Those already receiving treatment from their doctor may also be helped and are prescribed herbs, which do not adversely interact with other medication.

All members of the Institute are governed by a strict code of ethics and practice as well as being covered by professional indemnity and insurance.

Please use the contact details provided to discuss how herbal medicine can be as beneficial to you as it has been to Cheryl.

Herbalist Health
Cheryl Reynolds
Member of the National Institute of Medical Herbalists

Treatments for: Musculoskeletal, Respiratory, Cardiac, Gastrointestinal, Genitourinary, Gynaecological problems, and the Nervous System

Web: www.herbalisthealth.com Email: cheryl@herbalisthealth.com
Tel: 01297 443814 Mob: 07796 074 849

East Devon Physiotherapy

EAST DEVON PHYSIO was opened in Sidford by the Practice Principal Heather Martin in May 2000.

The general ethos within the practice has always been that the care and wellbeing of clients is of the utmost importance. This is achieved through the five practitioners constantly updating and increasing their professional skills and seeking communication with relevant health care professionals in the area when specialist's skills are seen to be required.

Physiotherapy is often thought to be largely involving massage and exercise and usually seen in the area of sports medicine but skills within the profession extend far beyond these parameters.

Physiotherapists at East Devon Physio are able to offer assistance to clients of all ages suffering from pain or disability after injury, overuse, surgery (both orthopaedic and general) as well as sports related issues and for many years have had a reputation for significant success in the treatment and rehabilitation of their clients.

All treatments are planned and based on information offered by the client during the initial consultation and findings thoroughly discussed with the client prior to treatment.

East Devon Physio also runs Modified Pilates classes locally in Sidford and Beer.

More information is available on the website or at the practice in Sidford.

EAST DEVON PHYSIO
Sports & Rehabilitation Clinic

Chartered Physiotherapists Registered with The Health Care Professions Council

Our Expertise includes:-

- **Manual Therapy**
- **Acupuncture**
- **Exercise Therapy**
- **Sports / Post Operative Rehabilitation**
- **Modified Pilates Classes (a form of pilates especially suitable for clients with aches and pains)**

Other services available are:-

Robert Gosling - Select Dental

Paddy Jones - Complementary Therapist

James Trewick - Personal Trainer

Address: East Devon Physio
Church Street
Sidford Sidmouth
Devon EX10 9RL

Tel / Fax: 01395 578656
Email: info@eastdevonphysio.co.uk
Website: www.eastdevonphysio.co.uk

"Expert assessment and diagnosis leading to treatment tailored to your individual needs"

The Garden Studios - Yoga and Therapies

BEAT the blues with an immune boosting routine, yoga, massage, fresh air!
At The Garden Studios in Bridport Paul and Julia are offering a range of activities to guide you into a healthy spring! Ongoing neck and shoulder tensions are often a by- product of winter ailments and stresses, sometimes causing headaches and other physical ailments whilst emotional stresses often cause these physical problems! It's a roundabout to get off of.

Hatha yoga and meditation is accessible to everyone, gentle stretching, focus on breathing techniques and relaxation will encourage a healthier approach to day to day life, and will start to release long term tension. Work on computers and driving are 2 of the main reasons for upper body tension. Gentle moving stretches assists our overall well-being and the more you are able to move, the more you want to! Guided relaxation and meditation together with simple breathing methods start to provide tools to keep mind and body in a more comfortable state, improving our immune system and defences against infection. Paul offers yoga classes, 2mornings, 2 afternoons and 2 evenings throughout the week, classes are drop-in although most find a favourite, with small groups of 8 and individual attention.

Massage, aromatherapy and reflexology treatments can also be a great support, Julia uses essential oils to support specific conditions, physical or emotional utilizing base carrier oils blended to nourish the skin, feeding the body through the skin! Reflexology works on every body system every treatment and is a perfect body maintenance programme, whilst invaluable for deep relaxation and creating balance within., it's also a very helpful and supportive therapy for many conditions and throughout pregnancy.

The Tripudio Movement DVD now available, (£12) is perfect for a short daily home practice. The Flow sequence is taught in detail, followed by the sequence in 3 separate sections to flow along with. This short flow sequence will assist your lymphatic system, provide daily stretch and mobilizations and leave you feeling relaxed and uplifted. This 8 minute sequence is perfect for an everyday activity and requires little space. With a focus on releasing tension in the upper body it is perfect for neck and shoulder tension, repetitive strain injury or situations of poor mobility too – anyone can do it!

As the weather improves new Nordic Walking training sessions and health walks will be starting. If interested send an email and keep updated. Nordic walking uses poles provides a full body workout with minimum stress, working out shoulders and arms as well. A full body workout to get us out for the spring. Contact Paul and Julia on 01308 538112 info@gardenstudiosbridport.co.uk www.gardenstudiosbridport

TIP: yawn regularly with a big arm stretch, opens your lungs and works out your neck and shoulders!

Confidential Hypnotherapy Susan Gale

Change for the better with Hypnotherapy

FEELING bad? Feeling trapped by unwanted habits, anxieties or old hurts? With the right help, your mind can set you free. And much more easily than you might have thought possible.

You probably already know how powerful your subconscious mind can be when it's repeating old habits even though you don't want it to. So imagine that much power working for you in a good way instead.

Susan Gale uses Hypnotherapy to help you break out of the rut and change old negatives to new positives.

She takes a very practical, down to earth approach. And her long experience means she can tailor the therapy to your particular needs so you get better sooner.

Don't "learn to live with it" – learn to live without it. Make the most of yourself. Make the most of your life.

Susan has been working as a hypnotherapist since 1989 and has helped many people clear many different problems. Her experience can help you break free. She is now seeing clients at the Aquae Sulis Centre on Damers Road, Dorchester. Take a look at her website www.beltain.co.uk or phone her on 07486 393047 to see how she could help you.

TheGardenStudios Yoga and therapies

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Email Us: info@gardenstudiosbridport.co.uk
Website: www.gardenstudiosbridport.co.uk
located off St Swithans Road DT6 5DG

By Abi Jackson, Press Association

5 reasons to eat more eggs!

Planning to indulge in a few foil-wrapped goodies over Easter? Enjoy - life is too short to deny yourself those indulgent little pleasures - but while we're on the topic, let's take a moment to appreciate the cracking nutritional credentials of real eggs too.
When it comes to all-round healthiness, you really can't beat an egg (sorry!). Cheap, quick and easy, and they go with everything, they are quite simply egg-cellent, and you might be surprised to know just how egg-ceptional they are on the good-for-you front.
Here are five reasons to dip into more eggs...

EGG-STRA NUTRITIONAL

The term 'superfood' might seem like a modern marketing ploy, but it's a label that the humble egg - something we've had in our pantries and been eating by the basket-load for forever with little fanfare - is arguably quite deserving of.
"Eggs are a really nutritious food, providing an excellent range of micronutrients. As well as being rich in vitamin D, essential for normal bones and teeth and for both muscle and immune system function, they are also a good source of DHA - one of the omega 3 fatty acids - that contributes to normal brain and eye function," says Dr Juliet Gray, registered nutritionist and advisor to the British Egg Information Service (www.egginfo.co.uk). "Eggs are also rich in selenium, important for hair and nails, the immune system, and thyroid function. On top of this, they contain more than 100% of the RI [reference intake, formerly RDA] for vitamin B12, which we need for red blood cell function, and also vitamin A, vitamin B2, folate, biotin, pantothenic acid, iodine and phosphorus. All those nutrients in just one single food!"

▲ PA Photo/thinkstockphotos

PACKED FULL OF PROTEIN

There's been growing emphasis on packing plenty of protein into our diets recently. As well as being useful for weight management, protein's role in muscle growth and repair has helped up its popularity, as more and more of us get serious about our fitness regimes. "Whether you're a gym-goer, or just trying to eat healthily, the humble egg is an awesome food to include in your diet," says Charlie Turner, co-founder of Neat Nutrition (www.neat-nutrition.com). "Poached eggs and avocado is one of my staples; high in protein and nutrients, quick and easy to cook, and budget-friendly too. Eggs contain all the essential amino acids which your body needs when refuelling after a workout and their high protein content helps to keep you satiated all morning."

BRILLIANT BREAKFASTS

When Robson, nutritionist and co-author of The Detox Kitchen Bible, teamed up with Giraffe restaurants (www.giraffe.net) to share his three golden rules on eating for maximum health and happiness, he instantly knew what his first tip would be: "Start the day with an egg!"
"Research has shown that people who eat eggs at breakfast eat less across the rest of the day compared to those who opt for grain-based cereals, as eggs help keep you feeling fuller for longer," explains Hobson. They also pair extremely well with other health-boosters, to supercharge your breakfast even more. "Most of us don't get enough oily fish, so adding smoked salmon will boost those heart health omega 3 levels, and your intake of vitamin D, which many of us lack." Serve on a bed of spinach or slice of granary toast for extra vitamins and fibre.

SUPER SNACKS

One medium-sized egg contains around 65 calories, which makes them a fantastic choice as a healthy low-calorie snack. For context, that's less than a single portion of most types of fruit - which isn't to say you should ditch fruit in favour of eggs, but if you're looking for low-calorie snack inspiration, why not add a hard-boiled egg to your daily graze armoury? Not only will an egg leave you feeling far more satisfied - therefore keeping hunger pangs at bay - than say a packet of crisps (usually 100kcals upwards, depending on the brand) or single digestive biscuit (around 71kcals), they'll also really count in those healthy-eating efforts, thanks to their super-charged nutritional content.

WORK WONDERS FOR SKIN

We're often told that the quality of our diets is displayed in our complexions, and eggs rack up cracking scores in the skin-enhancing stakes. "Eggs contain vitamin A, which helps the process of cell development - especially the development of new skin cells. This is why vitamin A is often included in beauty products," explains Shona Wilkinson, head nutritionist at natural health retailer NutriCentre (www.nutricentre.com). "They also contain the antioxidants selenium, which helps prevent free radical damage, which is part of the aging process, and lutein and zeaxanthin, which help protect the skin against UV damage that leads to brown spots and wrinkles. They are great sources of amino acids which help with generation of new cells."

▲ PA Photo/thinkstockphotos

Axe Valley Counciling
Anne Roberts

Relationships: Spring is sprung - is love in the air?

SO, is your relationship full of energy and enthusiasm? Are you looking forward to sharing a renewed sense of love and moving forward together? Or does the sight of couples 'in love' just increase your sense of being jaded - worn out by cares, endless responsibilities and a winter of discontent?

Unless you have reached a point of no return, there is usually an opportunity to change tack and bring new life into your relationship. Maybe you, personally, need to put your life in order, gain a sense of direction and change those behaviours or feelings that aren't helpful. Or perhaps you both, as a couple, would like to regain a renewed sense of pleasure in, and enjoyment of your relationship.

Counselling can help get your personal issues or your relationship back into perspective, and sort out what can and can't be changed. Leaving it too late reduces your options as the willingness, energy and investment runs out. Getting help in time can transform your relationship and, at least, clarify your choices.

If you would like help to make changes, contact me, Anne Roberts, Counselling South West, on t: 01297 301035 m: 07887 961954 email: info@couplecounsellor.co.uk: www.couplecounsellor.co.uk

Rose Osteopaths

ROSE Osteopaths is based in the Honiton Dental Centre and provides Osteopathic treatment to patients of all ages. We pride ourselves on the high level of patient care we offer and our patient centred approach to treatment.

Osteopath Alexandra Williams (BSc OST MED, BSc Bio) graduated with first class honours from the renowned British College of Osteopathic Medicine and has worked in a variety of settings including private practice, Sports Centres and a multi-disciplinary clinic. She is passionate about Osteopathy and its ability to produce great benefits in pain management and general wellbeing.

Osteopathy is a method of diagnosis, treatment and rehabilitation of a variety of medical conditions and disorders. We look at the patient 'as a whole' and therefore treatment does not target symptoms but treats those parts of the body that may have caused the problem. Treatment modalities may include hands-on methods such as soft tissue massage, mobilisation and manipulative techniques, and also advice on such topics as ergonomics and nutrition. In addition, specific exercises and stretches may be recommended to aid recovery and promote health.

To book an appointment, please telephone 01404 42023.

For further information visit our website at www.roseosteopaths.com

▲ Alex the Osteopath

Traditional Acupuncture - Val Davis

Acupuncture can improve and maintain health and energy and enhance a sense of well-being

ACCORDING to traditional Chinese philosophy, our health is dependent on the body's motivating energy (qi) moving in a smooth and balanced way through a series of channels beneath the skin.

Acupuncture can affect the quality of qi, your body's vital energy, by the insertion of very fine needles into specific points along these channels. This stimulates the body's healing response and restores natural balance. Treatment is aimed at the root cause of your condition as well as your main symptoms. This approach helps with resolving your problem and enhancing your feeling of well-being. You may notice other niggling problems resolve as your main health complaint improves.

The type of conditions that I mostly see in my clinics include the following: arthritis, back pain and sciatica, poor circulation, low energy levels, hormonal/menopausal symptoms, pregnancy management, fertility problems, weight management, and addictions such as smoking. However, you don't have to be ill in the conventional sense to benefit from acupuncture, sometimes people come to see me because they are feeling low, unwell in themselves, or maybe not sleeping as well as they would like to.

Professional Acupuncturists spend at least 3 years training at degree level to become an Acupuncturist. We are then entitled to join the British Acupuncture Council and to use the letters Lic.Ac., B.Ac.C after our names. We also have public liability and professional indemnity insurance. Many of us have also studied at post-graduate level and are constantly updating our skills and experience.

So, why not give me a ring and see if I can help.

Val Davis, B.Sc., Lic.Ac., M.B.Ac.C.
(Member of British Acupuncture Council)
(20 years experience)
(01395) 578050
www.devonacupuncture.org.uk

Judy's Hairstylist

JUDY'S is an established hair salon offering years of experience and knowledge, meaning you can relax knowing that you are in the hands of experts. Situated in an easily accessible position on Crewkerne high street, we provide a relaxed and friendly atmosphere offering a range of professional cuts and hair styling services to cater for every clients needs. Judy's prides itself on looking after every customer, ensuring client satisfaction and helping achieve the best look for you!

Anne Roberts
Axe Valley Counselling Axminster

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- Loss
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If you want help to get your life back on track
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or email **info@couplecounsellor.co.uk**

rose osteopaths

Based at Honiton Dental Centre, 38 New Street, Honiton. EX14 1BU and Summervale Surgery, Ilminster Medical Centre, Ilminster. TA19 9FE

If you are suffering from...
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- Back pain
- Rheumatic pain
- Frozen shoulder
- Arthritic pain
- Sciatica
- Minor sports injuries
- Joint pains

...then we may be able to help.

To book an appointment please telephone
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Traditional Acupuncture
Val Davis B.Sc., Lic.Ac.,
(Member of British Acupuncture Council)
Have you ever tried Acupuncture?
Acupuncture is a safe, gentle and effective treatment for conditions such as arthritis, poor circulation, back pain, sciatica, insomnia, RSI, low energy, ME, migraines, fertility issues, weight management, sports injuries etc.
20 years experience
Appointments available in Axminster & Sidmouth
Home Visits can be arranged
Why not give me a call and see if I can help?
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Clinical Hypnotherapy
Michelle Hague

Stopping Smoking ? There is something you need to know.

E-CIGARETTES may not help you quit: Smokers using E-cigarettes are 28% less likely to ditch traditional cigarettes, So says the medical correspondent Ben Spencer who reported on the medical study published this year in the Lancet.

The study has concluded E-cigarettes do not help smokers to quit tobacco.

However these findings have become very controversial and are contrary to leading health officials in England, who have repeatedly insisted that e-cigarettes are a key tool to reduce smoking rates.

The study which was a systematic review of all available data on the issue, is the largest to date, and evaluated whether e-cigarettes assist smokers in quitting cigarettes.

Published in the Lancet Respiratory Medicine journal, it concluded that e-cigarettes do not help smokers quit, and should not be recommended for that purpose until there is solid proof that they do.

E-cigarettes contain a liquid form of nicotine that is heated into vapor to be inhaled, avoiding the harm caused by tobacco smoke.

While there is little doubt that an e-cigarette is less dangerous than a conventional cigarette, the most dangerous thing about e-cigarettes is that many keep smoking conventional cigarettes too.

The irony is, that stopping smoking is one of the main reasons adults use e-cigarettes, but on the whole it would seem the effect is less, not more, stopping.

Steven Bernstein of Yale School of Medicine, writing in a separate editorial published by The Lancet, said that despite concerns over the data and findings of the study, it did raise questions about the usefulness of e-cigarettes as a quitting aid.

The evidence for Hypnotherapy from previously satisfied clients, who have stopped smoking demonstrates that Hypnotherapy can help some people to stop, this includes stopping the use of e-cigarettes too. But is also means it can help you to change any habits that you want to change, If you are ready to stop, and ready to change a behaviour, Hypnotherapy could help you.

To speak to Michelle about becoming someone who used to smoke, or to find out if she can help you make changes to your life, call her on 07761773563

The Beauty Hideaway

THE Beauty Hideaway Portland is an exciting new beauty salon based in Osprey Leisure centre.

With its tranquil and relaxing feel, mood lighting, music and fragrances, all your senses will be relaxed. You will feel like you've been transported somewhere new from the moment you step through the door.

Why not pop into the salon for a free consultation andwe'll help you pick the right treatments for you. We're here to cater to all your beauty needs from children to adults, men and women, group bookings, weddings, parties and proms.

For any enquiries or bookings please call 07792499977 or 01305 824378

The Beauty Hideaway
Portland

The new & tranquil Beauty salon, hidden away in Osprey Leisure Centre.
A quiet spot to get away from it all.
Come and experience the ambience whilst trying out a treatment from our extensive menu.

We will cater to all your beauty needs.
We do everything from Gelish, massage and more to private parties weddings and proms.

Book today by calling: 07792499977 or 01305 824378
Follow us on Facebook for all the latest deals and trends:
www.facebook.com/Thebeautyhideawayportland/timeline

All Osprey Leisure Centre members get 10% off all treatments.

OSPREY

Clinical Hypnotherapy
Cognitive Behavioural
Pain Management
With Mindfulness

Helping you to take control of your life

Michelle Hague

BA(Hons)Ed. Cert ed. D Hyp. PDC Hyp. PDCB Hyp. FMBSCH.

Clinical Hypnosis & Cognitive Behavioural Hypnotherapy are used to help with many symptoms, such as:

• Weight Loss - Hypno-Band • Relationship Difficulties
• Self Esteem / Ego Boosting • Confidence Building
• Nervous Skin Conditions i.e rashes
• Healthy Eating • Sleep Problems • Stress & Anxiety
• Breaking unwanted habits such as smoking or nail biting
• Fears & Phobias & much more

Michelle is an experienced therapist an international lecturer with the London College of Clinical Hypnosis. For more information or to book an appointment or to see if she can help you call, or email.

Clinics in Axminster
www.takecontrolofyourlife.co.uk
01297 20144 or 07761773563
michelle@haguemail.co.uk

By Abi Jackson, Press Association

Chris Hoy's five top tips for becoming a better cyclist

With 11 World Championship track cycling wins and six Olympic gold medals - plus one silver - under his belt, Sir Chris Hoy certainly knows a thing or two about cycling.

Since announcing his retirement from competitive cycling in 2013, the Edinburgh-born 39-year-old is still passionate about bikes, and now spends much of his energy 'pedalling' his HOY Bikes and HOY Vulpine cycling clothing and accessories ranges.

The legendary bike-rider will be speaking and showcasing his latest product lines at the London Bike Show in February, but first, he shares his top tips for becoming a better cyclist...

BUY THE RIGHT BIKE FOR YOU

Bikes aren't one-size-fits-all, and designs can vary significantly. Also, ensuring your bike 'fits' you correctly will not only affect performance, but will play a big role in your comfort and avoiding injuries.

"It's important that your bike is suitable for what you intend to use it for. If I was purely commuting, I'd choose a hybrid like the Shizuoka, that can go anywhere and take pannier racks. Someone riding sportives would need something different. Ensuring the bike is the right size is crucial. Spend time with people in a bike shop, such as Evans Cycles, and get them to make sure the bike fits correctly. An ill-fitting bike will easily put you off riding."

GET FASTER AND FITTER BY RIDING INTERVALS

If you want to improve your fitness on the bike, it pays to factor in some training tactics.

"Time constraints often affect training, and it can be tough to make gains in the face of a busy work/life schedule. Intervals [which means alternating stints of high and low-intensity effort in one workout] help solve this problem, and often produce breakthroughs when your training has felt stale for a while. If you have a favourite climb, where there's not a lot of traffic, try doing 30 seconds of effort followed by 30 seconds recovery. If you are at home on the turbo and listening to music, you can incorporate this by riding hard for one song, and easing off the next. Make sure you have warmed up properly first, and try to do around five efforts to start with; and just make sure the likes of Bohemian Rhapsody don't get stuck on repeat."

SET SOME GOALS

You don't have to start big with your goals, but having set targets to aim for will help keep you motivated, enable you to monitor your progress and improvements and ensure your efforts are rewarded.

"Setting yourself a target and writing these down can make the difference between achieving them or not. I used to set myself long-term goals, like becoming Olympic champion, but it's important to include shorter-term goals to help measure success and keep you motivated. It doesn't matter whether it's to be world champion or to ride your first sportive, it's important to have something to aim for."

INVEST IN SUITABLE CLOTHING

There may have been a time when the 'Lycra brigade' attracted sniggers, but there's a reason people invest in proper kit - in fact there are numerous reasons, including enhanced performance, comfort and even safety.

"One of my more recent projects has been developing my HOY Vulpine kit. Wearing the right kit really does make a huge difference in performance and your comfort - you wouldn't go running in a pair of leather shoes. Certainly get yourself a good pair of padded shorts, and make sure you dress appropriately for the weather, layering up when it's cold and keeping yourself dry when it's wet."

FUEL PROPERLY

Whether you're a weekend rider in it for the fun, or hoping to work on those personal bests in sportives, getting the nutrition and hydration right is important.

"If you are going for a ride, always remember to take something with you. There are plenty of nutritional supplements that make it easy to get the energy you need. Science in Sport [SiS] GO gels are a great way to get a quick energy boost on the bike, and also, remember it's crucial to stay hydrated. The best advice I can give is to drink little and often - as soon as you feel thirsty, you are already starting to dehydrate."

▲ Chris Hoy training : PA Photo/London Bike Show 2015.

Podiatrist / Chiropodist
Lindy Parry

I HOLD my private chiropody clinic at Townsend House Surgery in Seaton.

I offer a range of treatments from a simple nail cut to nail surgery, and each treatment plan is priced accordingly.

The nail cutting only service is a shorter appointment and is ideal for those that don't have any other foot care needs. Others like to alternate nail cuts with chiropody treatments as it best suits their requirements. I always aim to work with the patient to find the best treatment plan to suit each individual. Patients feet are then monitored during treatment so that changes can be made should the need arise.

Diabetic patients who attend for chiropody will also have a diabetic foot assessment carried out during their first treatment, and will then be monitored and re-assessed as necessary.

My chiropody clinics are available to anybody seeking help with their feet and Townsend House and I look forward to welcoming you.

Bookings can be made by calling 01297 22956.

Lindy Parry - Podiatrist / Chiropodist

(BSc Hons Podiatry, MChS, HCPC Registration number CH26100)

A Private chiropody clinic at **Townsend House Medical Practice**,
49 Harepath Road, Seaton

A wide range of nail and foot care treatments available, from the removal of corns and callosities to nail surgery. Foot health assessments also undertaken including those for diabetic patients.

A nail cutting only service is available at these clinics.

To make a booking please call

01297 22956

By Kate Whiting and Abi Jackson, Press Association

How do you rise and shine?

▲ PA Photo/thinkstockphotos.

▲ PA Photo/thinkstockphotos.

When you woke up this morning, what did you do? Leap out of bed, full of the joys of spring? Or clobber your alarm clock so hard, you need to buy a new one?

I got woken at 5.20am by the pitter-patter of tiny feet running into my bedroom - but only really woke up with a cup of Earl Grey, a bowl of porridge, and a hot shower (not all at once) an hour later.

It turns out the nation doesn't really feel awake 'til about 9.40am, according to Quaker Oats' #SuperStart survey, with 90% of us on autopilot first thing in the morning, a quarter of us skipping breakfast all together, and a quarter not ready to face the day until 10am.

The average worker says their productivity doesn't kick in until around 11.22am - and two thirds are more productive in the afternoon.

But there are all kinds of benefits to being an early bird, including greater willpower, which will help you make healthy choices, says psychologist Dr Linda Papadopoulos.

"Developing a morning routine allows you to assert your own authority over the day."

WHAT'S HAPPENING?

Whether we're a morning person or night owl is determined by our body's 'circadian rhythms', which Dr Papadopoulos explains, are the physiological processes that occur repeatedly on approximately a 24-hour cycle thanks to Earth's light-dark cycle.

Our rhythms can be measured by our body temperature and alertness - plus there's a surge in the hormone cortisol in the morning, while the production of melatonin in the evening helps us prepare for sleep.

In the olden days, we used to wake up at dawn and go to bed at dusk, but in modern life, Dr Papadopoulos says we're "outsourcing our circadian rhythms" to coffee and alcohol - a stimulant to wake us up and a relaxant to help us sleep.

Add to that the fact we're all staring at mobile phones, tablets and TVs late into the night, which emit a blue light that suppresses melatonin production - and it's no wonder we're finding it hard to wake up.

The good news is we can reset our body's biological clock to become better 'morning people', says Dr Papadopoulos: "To adjust your sleep cycle, do it slowly - avoid screen-time in the evenings, go to bed 15 minutes earlier each night, leave your curtains open and use the sunlight to cue your circadian rhythms."

HUSTLE BUSSELL

Quaker has teamed up with Strictly Come Dancing judge Darcey Bussell to give Britain an energy boost in the mornings. The mum-of-two, who developed and teaches DDMIX dance classes, is a big fan of having a morning routine - and eating a good breakfast.

"My alarm goes off 6.55AM every morning - and I never hit the snooze button!

"As soon as I wake up, I either splash cold water on my face or jump straight in the shower. I put the radio on every morning as I find that good music picks me up.

"A simple bowl of Quaker Oats porridge first thing is the best breakfast to get me on the right track for the rest of the day. I often also have fruit for breakfast, usually apples, blueberries or strawberries with a glass of water and a green tea.

"I do the school run and then walk for 30 minutes with the dogs before I carry on with the rest of my day."

WHICH TYPE OF MORNING PERSON ARE YOU?

Take the test at www.facebook.com/QuakerOatsUK to find out which one you are...

LARK

The classic 'lark' personality. Likes to rise early and once they open their eyes feels quickly 'awake and sprightly'. This person tends to be most productive early on in the day. More likely to incorporate physical or outdoor activity into their morning routine. Mornings are your preferred time for getting exercise, and breakfast is your favourite meal of the day. Cheerful in the morning, but as the day progresses, energy levels decline, you get tired in the evening and usually go to bed early.

RISE

This person wakes promptly upon their alarm, but needs a little more easing into the day. Drawn to the peace and quiet of the morning, and like to take time to reflect on the day ahead before others are awake. Usually like to perform some rituals e.g. coffee in their favourite mug, staring at the view from a particular window. May be more likely to benefit from early meditation, mindfulness or yoga.

LO-FI

They begrudgingly wake with their alarm, but are not firing on all cylinders in the morning. As a result they struggle with the myriad tasks that the morning holds e.g. finding keys, locating an umbrella. Prone to underestimating the amount of time morning actions take e.g. hair and make-up, travel, so often arrives at work flustered or feeling behind on things.

SLUMBER

Hits the snooze button multiple times before they can even contemplate rising. Doesn't sleep until later on in the evening, either because they are socialising, working late, watching TV or reading. As a result, tends to feel fatigued and irritable in the morning. More likely to skip breakfast or grab something on the go. Often uses caffeine to help them.

TRIED AND TESTED

Abi Jackson chows down a new breakfast that packs an extra protein punch

WHAT IS IT?

myHi is a new range of snacks, breakfasts, lunches and dinners, and sports shakes and powders, enriched with extra protein - promising to deliver on flavour as well as nutrition. They're aimed to appeal to people following low-carb and high-protein diets, or anybody looking for convenient but nutrition-conscious foods.

WHAT'S IT LIKE?

I've been trying the myHi Instant Oat Cereal with Raspberries, which comes as a box of five 40g sachets. In an ideal world, I'd always prepare my porridge from scratch, but it's handy to have something quick and easy - and healthy - for busy days or when I'm eating at work. With added whey protein, there's 8.2g of protein in each bowl of these myHi instant oats. Like most protein-pumped foodstuffs, they do have that slightly unnatural taste - but these are really enjoyable, and don't taste over-sweetened. Quick and simple to prepare, an easy and satisfying way to tick off that protein boost.

The Soft Tissue Studio

HIGH quality remedial massage specialist. For men and women who wish to remain active during their professional years and in retirement. Whether you enjoy hiking, cycling, gardening or golf I can help you to remain in the outdoors. We use a blend of deep tissue remedial work where required and softer therapeutic techniques to create a complete treatment. Current clients range in age from 16-89 years old. We can offer mobile services, seated treatments, corporate and event work. We take card payments and have a new online booking system. Feel free to give us a call. Love the sunshine and love yourself. Emma x

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Soft Tissue Therapy, Sports Massage & Athletic Taping, Holistic Treatments, Pregnancy and Indian Head Massage

www.thesofttissuestudio.co.uk

Emma Prior: Massage Specialist @ Axminster, Honiton & Seaton

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Rosen Method Bodywork Linda Rock

FEELING STRESSED AND OVERWHELMED?... *THEN I CAN HELP!*

'Listening' to what YOU have to say and using 'safe, gentle, touch'. I will help YOU to relax. So that YOU can feel more at ease and alive.

LINDA Rock is a holistic therapist and Rosen Method Body Work Practitioner, and also a general and psychiatric nurse RGN RMN.

Linda's heart's desire, and her passion, is to get to the heart of the matter. To live an authentic and fulfilling life. It is this passion that she brings to her work, encouraging and supporting clients to be all that they are.

Rosen Method uses a gentle 'listening' touch, words and presence to encourage and support the letting-go of deeply held muscle tension, which can be profoundly relaxing.

It is the release of tension, often emotional in nature, that frees the breath and brings awakening and awareness to our being.

"Having Rosen Method from Linda has changed my life. It's enabled me to overcome the remnants of post-natal depression… It's been like having counselling but easier and somehow quicker to get to the heart of the matter" - client testimony.

Special Offer: "Put a Spring in YOUR step" Taster Sessions £15

For more details call 07989 851606 or visit www.rosenmethod.co.uk.

Linda is now offering sessions at Axminster Health and Wellbeing Centre, www.axminster-wellbeing.com, 01297 32331.

Rosen Method Bodywork Linda Rock Rosen Method Practitioner and qualified general and psychiatric nurse RGN RMN

"This work is about transformation – from the person we think we are to the person we really are"

Marion Rosen Founder of Rosen Method, Berkley, California

Bodywork with Heart

07989 851 606

rock2rosen@gmail.com

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Offering sessions at Axminster Health and Wellbeing Centre www.axminsterwellbeing.com • 01297 32331

The Beat goes on

FORMED in Birmingham in 1978, as part of the West Midlands ska revival scene that also produced The Specials and The Selecter, The Beat's first single was an arresting version of Smokey Robinson's "Tears Of A Clown", given a completely new feel, and was backed with their own composition "Ranking Full Stop".

Fast-forward to 2016 and the band are still as fresh and relevant as ever. With the inclusion of Ranking Junior - Roger's son - taking vocal duties to an accolade of critical acclaim and Dave Wakeling heading to the US, The Beat return to their roots and will raise the roof once more at Dorchester's Corn Exchange on Thursday, April 7th.

One of the biggest bands of the 2-Tone movement, The Beat will present an unwavering dedication to their wall of sound that transcends time. Their ska fusion rhythms never fail to ignite a crowd as seen previously in Dorchester Corn Exchange as part of the biennial Dorchester Festival in 2014.

Ranking Roger and Ranking Junior of The Beat

They are known the world over for a string of hit singles, including Mirror in the Bathroom, Too Nice To Talk To, Can't Get Used To Losing You, Hands off She's Mine and All Out To Get You. Their songs of peace, love and unity fuse ska, pop, reggae and punk rock to produce an inimitable dynamic live show.

The RPMs

The support on the night is up and coming alt indie band The RPMs. Originally from Dorchester they describe themselves as, "a rock band not afraid of a good pop tune". Comprising of Jack Valero (lead vocals & rhythm guitar), Miguel Cosme (bass & backing vocals) and Callum James (drums) this now Brighton based band are inspired by the likes of Tom Petty, The Jam and The Libertines, but with a little something all their own.

Having supported The Beat at many venues across the UK already including The Open in Norwich, they have also opened for Wolf Alice and Rudimental at the Glastonbury Pilton Party in 2015. By all accounts their signature killer hooks will 'take up lodgings in your subconscious that won't be budged by a billion bailiffs' so this promises to be the perfect warm up to a great night of ska rhythms.

For booking and further information call Dorchester Arts box office 01305 266926 or visit www.dorchesterarts.org.uk

The return of The Showstoppers

BRIDPORT Musical Theatre Company presents 'Showstoppers 5'.

After their award winning production of 'West Side Story' last summer, the successful Bridport Musical Theatre Company take to the stage again with their annual production of 'Showstoppers'. This musical show of song and dance always proves popular with audiences and features hits from musicals from both stage and screen.

In August the company will be staging the hit musical 'Crazy For You' at The Electric Palace, if you have an interest in musical theatre and would like to join the company auditions will be held in April. For more information contact Dave Swaffield on 01308 422708 or 07757251929.

'Showstoppers 5' will be held at Bridport Arts Centre from Tuesday, April 5th – Friday, April 8th. The company are renowned for their sell out performances, therefore it is advisable to book in advance. Tickets are available from Bridport Arts Centre.

Box Office 01308 424204 or online at www.bridport-arts.com

Comedy Café's Big Night Out

MOCK THE WEEK regular Angela Barnes is coming to Bridport to headline the Arts Centre's first Comedy Cafe 'Big Night Out' show.

The BBC New Comedy Award winner was last at the venue as tour support for Alan Carr and now has a glittering TV career of her own with appearances on the likes of Stand Up for the Week, Russell Howard's Good News and Alan Davies As Yet Untitled as well as regular appearances on BBC radio 4.

Angela's personable, self-deprecating style has made her one of the most exciting new acts to emerge on the scene in recent years and her gag rate and observational skills are second to none so is sure to be the perfect act to launch the new venture.

Supporting Angela on Friday, March 25th will be Ignacio Lopez, as seen on ITV's 'Show Me The Funny' and Welsh funnyman Rob Hughes who last year performed in Bridport at last year's Jurassic Fields Festival.

The Big Night Out show is a new departure for the Arts Centre's regular comedy café night. The Comedy café, established in 2011 in the venue's Art Garden cafe, has recently moved to a Wednesday evening. The 'Big Night Out' shows will run at less regular intervals throughout the year on a Friday night and feature three headliners, including a TV name to close the show.

The Wednesday night shows will continue to run on a monthly basis in the more intimate café environment, featuring circuit headliners and the best new acts from the south west and beyond.

Comedy Café resident MC, Bridport's own Tom Glover, will host the new 'Bug Night Out' show and personally hand pick the line ups from the best of the UK circuit.

The BAC Comedy Cafe will be at 8pm on Friday, March 25th. Tickets are £8 adults/£6 concessions and available from the arts centre box office on 01308 424204 or online at www.bridport-arts.com.

Olivier award-winning show steams into Bridport

Arts Centre to show The Railway Children

Bridport Arts Centre will screen The Railway Children (2016) this Easter Monday (28th March). The film is of York Theatre Royal's Olivier award-winning production performed in summer 2015 at the National Railway Museum, Yorkshire. Tickets are on sale now.

The film captures Mike Kenny and Damian Cruden's imaginative stage adaptation of E. Nesbit's cherished novel on its return to its Yorkshire roots, and features the original locomotive from the much-loved original 1970 film.

The Railway Children follows the story of Roberta (Bobbie), Peter and Phyllis, three sheltered siblings who suffer a huge upheaval when their father, who works for the Foreign Office, is taken away from their London home and (falsely) imprisoned. The children and their mother, now penniless, are forced to move from London to rural Yorkshire near a railway line. The story deals with themes of justice, the importance of family and the kindness of strangers.

Filmed with seven cameras by an expert team, who navigate the unique staging including moving platforms, props and rail carts, the film captures every moment of the fast-paced production.

The film of The Railway Children is directed by International Emmy award-winning Ross MacGibbon, whose recent stage-to-screen adaptations have included Matthew Bourne's Swan Lake, The Importance of Being Earnest with David Suchet and Shakespeare's Measure for Measure from The Globe Theatre. Martin Barrass (Emmerdale, The Bill, Heartbeat) gives a standout performance as Albert Perks.

York Theatre Royal's stage production of The Railway Children was directed by award-winning Artistic Director of York Theatre Royal Damian Cruden (The York Mystery Plays 2012, Brassed Off, The Wind in The Willows). It was first performed at National Railway Museum in 2008 and toured the world to huge critical acclaim, and is now returning home to a purpose-built theatre.

The Railway Children will be shown at Bridport Arts Centre on Monday, March 28th. Tickets are £12 /£9 from www.bridport-arts.com or by calling 01308 424204.

The Magic Beanstalk at The Marine Theatre

THIS spring Light Theatre are touring their sell–out show, The Magic Beanstalk and we are thrilled to be hosting the show in Lyme Regis on Tuesday, March 29th at 3pm.

Beautiful hand carved puppets and amazing experiments are used to retell the classic story of Jack and the Giant who lives through the clouds and over the rainbow.

The show, designed for children between the ages of 5 – 11, is made in Cornwall by a team who have worked alongside Kneehigh Theatre, The Little Angel Theatre and The Eden Project. The performing team is Rachel Leonard (War Horse (RNT); A Very Old Man With Enormous Wings (LAT/Kneehigh), Venus and Adonis (RSC)); Jenny Beare (storyteller (The Eden Project), Rambles (Kneehigh)); and Mae Voogd (Wolf Child (Wild Works).

Jack, his mum and their cow Daisy are in trouble. Their house is leaking, the phones cut off, there's no food in the fridge – and they've got NITS! Something's got to change and what happens next is an exciting adventure for all girls and boys who believe in magic.

The production is a unique blend of theatre and science. "We wanted to create a magical, memorable and worthwhile experience for children and their families … it's incredibly exciting working with very experienced puppet makers, performers and scientists to create the show." Charlotte Bond, artistic director, Light Theatre.

The Magic Beanstalk comes to the Marine Theatre, Lyme Regis on Tuesday, March 29th, 3pm. Tickets are £8, or concessions £7.00, Under 12s £5 (from box office only, not online bookings)/ TheatreFriends discount available/ Ages 5+/ Running time: 50 mins (approx).

Mystery masterpieces for sale

THE Marine Theatre, Lyme Regis is to hold a special Mystery Masterpiece Art Sale on Monday, April 4th, from 11am-9pm. Many talented local artists have donated their work to support fundraising for this flourishing and vibrant venue for the Arts which is in need of physical regeneration.

Inspired by the recent grant from the Coastal Revival Fund and Lyme Town Council to repair the roof there are now plans to renovate indoor areas of the building.

It is a 'mystery' sale because the artwork, priced at an affordable £40 each, will be exhibited without the name of the artist visible, the artist's name be-ing revealed only after the picture is sold.

The event will be a festive day and evening in the Theatre, with refreshments and live music on Monday, April 4th from 11am to 9pm.

Details about the Marine Theatre programme can be found at www.marinetheatre.com

Comedy Cafe

Big Night Out

Friday 25 March, 8pm

Angela Barnes

Star of Mock The Week & BBC New Comedy Award Winner

Also featuring:

Comedy Cafe MC Tom Glover, Rob Hughes & Ignacio Lopez.

Tickets £8 / £6
www.bridport-arts.com
01308 424204

BRIDPORT ARTSCENTRE

MARINE THEATRE
LYME REGIS

See you in the Marine Theatre Bar!

POP-UP OPERA PRESENTS BELLINI'S CAPULETS & MONTAGUES

Monday 28th March
7.30pm. Full price: £18 / Concs. £15
TheatreFriends discount available
LYT members can come for £1!
Pre-theatre menu available at French Lieutenant's Bistro (booking essential)
Bellini's bel-canto opera based on Romeo and Juliet

FRIDAY 25TH AND SATURDAY 26TH MARCH
BEER FEST/ VARIOUS TIMES/ ALL TICKETS £5 ON THE DOOR
CELEBRATION OF LOCALLY BREWED BEERS AND CIDERS

THE MAGIC BEANSTALK

Tuesday 29th March
2.00pm. Full Price £12
Concs. (under 12s & students) £5
TheatreFriends Discount available
Using instruments and bows from the 18th century, they will be playing Haydn Prussian Quartets, Mozart Prussian Quartets and Abel Op.8 No.2.

BOX OFFICE: LYME REGIS TIC 01297 442138 OR BUY ONLINE AT WWW.MARINETHEATRE.COM

SUPPORTED BY LYME REGIS TOWN COUNCIL AND WEST DORSET DISTRICT COUNCIL

This week's new cinema

BATMAN V SUPERMAN: DAWN OF JUSTICE 12A
FEARING the actions of Superman are left unchecked, Batman takes on the man of steel, while the world wrestles with what kind of a hero it really needs. With Batman and Superman fighting each other, a new threat, Doomsday, is created by Lex Luthor. It's up to Superman and Batman to set aside their differences along with Wonder Woman to stop Lex Luthor and Doomsday from destroying Metropolis.
Stars Ben Affleck, Henry Cavill, Jesse Eisenberg, Gal Gadot and Amy Adams

ZOOTROPOLIS PG
IN a city of anthropomorphic animals, a rookie bunny cop and a cynical con artist fox must work together to uncover a conspiracy. Voices from Ginnifer Goodwin, Jason Bateman and Idris Elba.

MY BIG FAT GREEK WEDDING 2 12A
A PORTOKALOS family secret brings the beloved characters back together for an even bigger and Greeker wedding. Stars Nia Vardalos, John Corbett and Michael Constantine

WELCOME TO ME 15
WHEN Alice Klieg wins the Mega-Millions lottery, she immediately quits her psychiatric meds and buys her own talk show.
Stars Kristen Wiig, James Marsden and Linda Cardellini.

Cinema Listings

Fri, Mar 25th - Thu, Mar 31st

ALL LISTINGS ARE SUBJECT TO CHANGE

LYME REGIS REGENT
Tel: 0871 230 3200
www.scottcinemas.co.uk

Kung Fu Panda 3 PG
Fri-Sun, Tue-Thu: 14.20
Monday: 12.30, 17.50
Batman Vs Superman: Dawn of Justice 12A
Fri-Sun, Tue-Thu: 16.40, 20.05
Mon: 20.05
The Railway Children U
Mon: 15.00
Miss Julie 12A Thu: 10.30am

DORCHESTER ODEON
Tel: 0871 22 44 007
www.odeon.co.uk

Batman Vs Superman: Dawn of Justice 3D 12A
Fri & Sat: 19.00, 22.30
Sun-Thu: 19.00
Batman Vs Superman: Dawn of Justice 2D 12A
Fri: 15.40, 20.30, 21.00
Sat: 12.20, 15.40, 20.30, 21.00
Sun-Thu: 12.20, 15.40, 20.30
Capture The Flag 15
Sat-Thu: 10.00am
Zootropolis PG
Fri-Sun: 9.50, 12.30, 15.10, 17.50
Mon: 10.30, 13.00, 15.30
Tue-Thu: 10.30, 13.00, 15.30, 18.00

BRIDPORT ELECTRIC PALACE
Tel: 01308 428354
www.electricpalace.org.uk/films

Preview: Our Kind of Traitor 15
Wed: 19.30
From Page To Screen Festival
Weds Mar 30th - Sun April 3rd

DORCHESTER PLAZA
Tel: 01305 262488
www.plazadorchester.com

10 Cloverfield Lane 12A
Daily: 20.30
Batman Vs Superman: Dawn Of Justice 2D 12A
Fri: 10.30, 13.00
Sat, Sun, Tue-Thu: 10.30, 13.00, 16.30, 20.15
Mon: 10.30, 13.15, 20.00
Batman Vs Superman: Dawn Of Justice 3D 12A
Daily: 17.00
Kung Fu Panda 3 2D PG
Fri-Sun, Tue-Thu: 10.15, 12.45
Mon: 10.00, 12.30
My Big Fat Greek Wedding 2 12A
Daily: 12.15, 15.00, 20.00
plus Fri-Sun: 17.30
The Boy 15
Fri-Sun, Tue-Thu: 20.45, Mon: 20.30
Zootropolis 2D PG
Fri-Sun, Tue-Thu: 10.00, 14.00, 15.15, 18.00
Mon: 10.15, 14.15, 15.00, 17.45

BRIDPORT ARTS CENTRE
Tel: 01308 424204
www.bridport-arts.com

The Dressmaker 12A Sun: 15.00
The Railway Children Mon: 14.00
From Page To Screen Festival
Weds Mar 30th - Sun April 3rd

WEYMOUTH CINEWORLD
Tel: 0871 200 2000 • www.cineworld.co.uk

10 Cloverfield Lane 12A
Daily: 15.15, 17.30, 20.10
Alvin and the Chipmunks: The Road Chip U
Daily: 12.00
Batman Vs Superman: Dawn of Justice 2D 12A
Daily: 10.10, 11.00, 12.00, 14.10, 15.10, 17.20, 18.50, 20.30, 22.00
Batman Vs Superman: Dawn of Justice 3D 12A
Daily: 13.20, 16.30, 17.50, 19.40, 21.00
Capture The Flag PG
Fri, Mon, Wed, Thu: 10.00am, Sat: 10.45am
Kung Fu Panda 3 2D PG
Fri, Mon-Thu: 10.45, 11.45, 13.00, 14.00, 16.15
Sat-Sun: 11.45, 13.00, 14.00, 16.15
London Has Fallen 15
Daily: 18.20
My Big Fat Greek Wedding 2 12A
Fri-Wed: 14.10, 16.25, 18.30, 20.45
Norm of the North U
Fri-Mon, Wed, Thu: 10.00am
The Boy 15
Fri-Sat: 21.10,
Sun, Mon, Wed, Thu: 20.40
Divergent Series: Allegiant 12A
Fri-Sat: 20.40
The Witch 15
Fri-Sat: 22.20, Sun: 21.05,
Mon, Wed, Thu: 21.30
Zootropolis 2D PG
Fri-Sun: 11.20, 12.40, 13.50, 15.10, 16.20, 17.40, 18.40, 20.00
Mon, Wed, Thu: 11.20, 12.40, 13.50, 15.10, 16.20, 17.40, 19.00
Zootropolis 3D PG
Fri-Mon, Wed, Thu: 12.00, 14.30

Leaper, A Fish Tale

Family show set to make waves in changing attitudes towards our oceans

ALTHOUGH it sounds like a children's tale, the reality is that fish are slowly starting to disappear from our rivers and seas. Research shows that wild fish could be a thing of the past by 2048. Leaper: A Fish Tale follows one fish's magical quest against the ever-growing natural and man-made monsters in our waters. How can one little girl help to stop this?

Supported by Arts Council England, Lyric Hammersmith, Brighton Dome, National Aquarium Limited and Sea Changers, Leaper will tour to theatres, schools and aquariums around the UK and is stopping by at Dorchester Corn Exchange on Friday, March 25th at 3pm.

Using their signature blend of beautiful puppetry and mesmeric music, Tucked In Productions explores the colourful and breath-taking world beneath the water's surface. Following their highly-acclaimed productions of Sam Rose in the Shadows, The Golden Cowpat and Tim & Light, Leaper: A Fish Tale promises to be Tucked In's most ambitious family show yet - challenging, dark, never patronising and, most importantly, truly original.

Hal Chambers, Artistic Director of Tucked In Productions says, 'I believe the ultimate key to conservation is education. During our research children found that the idea of destroying one of the most bountiful natural resources was utterly silly! I think we are born with an inherent spirit of conservation and once we grow up we lose a little of that. That is why creating a puppetry production for children about the future of fish is so interesting. It is the next generation who are going to be most affected by our present mistakes. We believe the best way for people to connect with these issues is through story and Leaper will be moving, funny and extremely powerful.

Leaper: A Fish Tale will prompt inter-generational conversations about what we can do to help this situation. If Leaper is able to prompt more debate amongst children on these important issues, perhaps their young minds can help to discover a way to create a sustainable future for life in our waters.'

Leaper was originally inspired by Steve Keay, a Tucked In audience member and Unit Manager of a salmon reconditioning unit for the Tay District Salmon Fisheries Board in Perth, Scotland. Since meeting Steve in 2013 Tucked In have conducted research directly with marine biologists, social ecologists and school children.

Leaper brings together some of the most exciting theatre makers in the UK including design team Claire Harvey (The River People) and Annie Brooks (Colossal Crumbs), composer Jim Harbourne (Tortoise in a Nutshell), lighting designer Tom White (Propeller) and producer Steph Connell (Frantic Assembly).

A poignant theatre treat for the whole family to enjoy this Easter.

For tickets and further information call Dorchester Arts box office 01305 266 926 or visit the website at www.dorchesterarts.org.uk

Visit **DORCHESTER MARKET**
every Wednesday 8am-2pm
and **DORCHESTER CAR BOOT**
every Sunday 7am-1pm
at Weymouth Avenue, Dorchester DT1 1QS
Plus **WIMBORNE MARKET**
every Friday, Saturday & Sunday BH21 1QU
Hotline Keith on 07887 918932
or Ed on 07889 438491

View 2 Diary Dates

WEDNESDAY MARCH 23RD

DORCHESTER: Local singer Christina Jeavons returns to Evergreens Social Group at Age UK, 1.45pm. Miss Jeavons is a musical theatre performer with an extensive repertoire including many songs from Broadway and the West End. Everyone welcome. Entry £1.50, includes tea and biscuits. For more details call 01305 269444.

UPLYME: Uplyme and Lyme Regis Horticultural Society talk on Soft Fruit, Pests and Diseases given by Robert Cook of the Farming Advice Service. Robert was born locally and travels widely advising commercial growers. Tea/coffee and biscuits will be available before and after the talk which begins at 7.30pm in Uplyme Village Hall. It is free to members, £3 for visitors. The strawberry plants to grow on for the Summer Show will be available at this meeting.

THURSDAY MARCH 24TH

WEYMOUTH: The Crafty Pilgrims craft group meet every Thursday, 2-4pm at Pilgrim House, Hope Square. Whatever your craft bring it along and join us. We are a friendly group and enjoy meeting and exchanging ideas. £2 a session. For more details please contact Maureen on 01305 787362.

THURSDAY 24TH - WEDNESDAY MARCH 30TH

LYME REGIS: In this solo exhibition, titled A Quest for Tranquillity, David Manners confirms his growing reputation for peaceful seascapes and tranquil portraits in a collection of oil paintings that represent his striving for inner peace. The Malthouse Gallery, The Town Mill, Mill Lane, Lyme Regis DT7 3PU. Open daily; 10.30am-4.30pm. Free admission. www.townmillarts.co.uk or www.townmill.org.uk

FRIDAY MARCH 25TH - SUNDAY APRIL 10TH

LYME REGIS: There will be fun for all the family at The Town Mill over Easter: grain bunnies to identify, lucky dip, miller-led tours, as well as visits to the Courtyard Cafe, the Lyme Regis Brewery and a host of artisan studios (jewellery, pottery, stonemasonry) and two art exhibitions. The Town Mill, Mill Lane, Lyme Regis DT7 3PU. The Mill is open weekdays 11am-2pm and weekends 11am-4pm. Studios, galleries, cafe and brewery usually open daily 10.30-4.30. www.townmill.org.uk

SATURDAY MARCH 26TH

LODERS: Loders Young Players Bumper Jumble Sale and Coffee Morning at Loders Village Hall. 10am-12noon. For more details call 01308 456222 or 420767.

SUNDAY MARCH 27TH

LYME REGIS: Shopping & Gift Fayre at the Lyme Regis Marine Parade Shelters from 10am to 5pm. A wide range of products from local traders and crafters displaying a variety of unique products.

MONDAY MARCH 28TH

BURTON BRADSTOCK: Biodanza at Othona. Express, Connect, Relax! Dance like no one's watching, no steps to learn, no partner needed, uplifting world music and holistic health benefits. For all ages from 19 to 90. 7.15pm for 7.30pm. For those who have attended 5 or more Biodanza sessions. £7 (concs available). At Othona Community, Coast Road. For more details call 01308 897 130 or visit biodanza-bridport.co.uk

BEAMINSTER: Easter Egg Trail at Mapperton Gardens, 11am-3pm. Explore the hidden grottoes, winding paths and sunken gardens in the quest for clues, with a guaranteed prize for each child. Entry for the trail is £3 for children. Parents must accompany young children in the Gardens as there are water features. Adult entry to the gardens is half price at £4.50 per person in March. Mapperton House opens for guided tours from Sundays to Thursdays from Easter Sunday, until 31 October. A ticket to visit the house and gardens is £12 for adults, free for children (5-15 yrs). More information at www.mapperton.com

TUESDAY MARCH 29TH

LYME REGIS: The Lyme Regis Society will be hosting a talk on Rhode Hill House given by Audrey Standhaft at 2.30 pm, Woodmead Hall. All Welcome.

THURSDAY MARCH 31ST

WEYMOUTH: The Crafty Pilgrims craft group meet every Thursday, 2-4pm at Pilgrim House, Hope Square. Whatever your craft bring it along and join us. We are a friendly group and enjoy meeting and exchanging ideas. £2 a session. For more details please contact Maureen on 01305 787362.

THURSDAY APRIL 7TH

BRIDPORT: Bridport Electronic Organ & Keyboard Club concert with Penny Weedon at the United Church Hall, Easter Street, 7.30pm. Admission £7.50 members, £9 visitors. With refreshments. For more details call 01460 73500.

SATURDAY APRIL 2ND

BRIDPORT: Bridport Folk Dance Club's annual dance, "Miss Mayne's Party", with "The Weston Country Dance Band" and caller Aileen Wills and a floor spot by Wyld Morris, at Church House (St Mary's) Hall, South Street, Bridport DT6 3NW. Bring and Share finger food supper, with some soft drinks provided; bring your own alcohol. Doors open 7.45 for 8.00 - 11.00pm dance. Tickets £7.50 on the door, but pre-booking/purchase is advised from "The Music Shop", South Street, "The Lime Tree" Deli, West Street, or call 01308 423 442 or 01308 898 002.

BRIDPORT: Quiz in aid of Bridport Millennium Green, 7.30pm, at British Legion Hall, Victoria Grove. £6 inc supper. Teams of 4-6, or come along and make up a team. Bar, raffle and Chinese bingo. Details Sue Wilkinson 01308 425037.

BRIDPORT: Bridport & District Gardening Club Spring Show. In the United Churc Hall. Doors open 12noon, light refreshments, and a raffle will be drawn after presentation of trophies at 3pm. Schedules are available at bridportgardeningclub.co.uk and entries close on Wednesday, March 30th at 7pm.

WOOTTON FITZPAINE: Piccalilli Opera at St Paul's Church, from 7pm.

THURSDAY APRIL 7TH

WEYMOUTH: The Crafty Pilgrims craft group meet every Thursday, 2-4pm at Pilgrim House, Hope Square. Whatever your craft bring it along and join us. We are a friendly group and enjoy meeting and exchanging ideas. £2 a session. For more details please contact Maureen on 01305 787362.

DORCHESTER: The West Dorset Health Service Retirement Fellowship will meet at 2pm in the Boys Brigade Hall, Sawmills Lane, Dorchester DT1 2RZ when Dr Peter Down will give a talk on Mabel Stobart: A Dorset Woman at War. We shall also be booking for our first outing of the year which is to Plymouth Gin. The West Dorset Health Service Retirement Fellowship was set up over 30 years ago for retired employees of the Health Service and their partners living in Dorset and meet on the first Thursday of every month except August and December. In addition to the monthly meetings, we have coach outings, a theatre trip and Christmas lunch. New members welcome. Contact 01305 261676 or 785546 for further information. Annual subs are now due.

FRIDAY APRIL 8TH

LYME REGIS: Lyme Bay Photographic Club. Jubilee Cup competition – mini AV presentation telling a story, 3 minutes duration, 20 PDIs followed by Members' Evening. At Woodmead Halls, Hill Road, 7.30pm.

LYME REGIS: U3A Heritage Coast. 'The EdwardianGarden'. Illustrated talk by Yvonne Bell. A colourful and nostalgic look at the gardens of interesting people of the period – Rudyard Kipling, 'My Darling Daisy' Warwick, Beatrix Potter, Louis Comfort Tiffany, and several others. Woodmead Halls, Hill Road, Lyme Regis DT7 3PG. Coffee/tea from 10.00am, talk at 11.00am. Free for members, suggested donation for talk £2 to non-members. More information about the U3A at website lymeregisu3a.org or phone 01297-444566.

SATURDAY APRIL 9TH

WEYMOUTH: Seashore foraging walk. 12:00 pm – 3:30pm. Contact info@hedgerow-harvest.com or visit www.hedgerow-harvest.com.

SUNDAY APRIL 10TH

BEAMINSTER: Mapperton House and Garden Charity Plant Fair. 10am-4pm. Admission £3, proceeds to the Dorset and Somerset Air Ambulance. For more details call 07712 886104 / 01460 242620.

BRIDPORT: Aquafit at 10.30 and Babies classes at 11.30, Highland's End swimming pool, Eype. Have fun in the water while keeping fit. Children's swim-fit lessons also available. Call Penny Yarnold on 07970 879047 for more details.

MONDAY APRIL 11TH

BURTON BRADSTOCK: Biodanza at Othona. Express, Connect, Relax! Dance like no one's watching, no steps to learn, no partner needed, uplifting world music and holistic health benefits. For all ages from 19 to 90. 7.15pm for 7.30pm. Open to all. £7 (concs available). At Othona Community, Coast Road. For more details call 01308 897 130 or visit biodanza-bridport.co.uk

BEAMINSTER: Moviola presents 'Lady In The Van' (cert 12a). At Beaminster Public Hall, 7.30pm (doors 7pm). Tickets from Yarn Barton (01308 862715) weekdays 9.30-12.30 and Saturdays 9.30-1pm, or call 01308 861746. £5 in advance, or £5.50 on the door.

TUESDAY APRIL 12TH

UPLYME: Uplyme and Lyme Regis Horticultural Society first coach outing of the year, to Knightshayes, a National Trust property near Tiverton. Book now to secure your place - NT members £8.50, non-members £16 - non-members of ULRHS pay £3 extra. Book with Jenny Harding on 01297 444034.

THURSDAY APRIL 14TH

DORCHESTER: Plant Heritage Dorset's Group. 'Hardy Perennials' - a talk by Marina Christopher of Phoenix Perennial Plants, Alton. At Conference Room, Kingston Maurward College, 7.30pm. Refreshments, raffles, plant sales. Visitors £2.50, students £1 at the door.

DORCHESTER: Thursday Group meeting at St George's Church Hall. Kay Townsend will give a presentation entitled 'My life on the fairgrounds'. 2.15pm. Followed by refreshments. Entry £1 includes a cup of tea and biscuit. For more details call 01305 259755. All welcome.

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PROJECT MANAGER AND COMMUNITY INITIATIVES OFFICER
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JOB VACANCY

Bridport Town Council is looking to recruit an experienced and dynamic person to provide project management support to key local initiatives, including the Bridport Local Area Partnership, Bridport Area Neighbourhood Plan and the Bridport and West Bay Coastal Community Team.

Further information and an application pack is available from Bob Gillis, Town Clerk, Bridport Town Council, Mountfield, Bridport, Dorset DT6 3JP (Tel:01308 456722 - r.gillis@bridport-tc.gov.uk) or on the Town Council's web site www.bridport-tc.gov.uk. Completed forms must be returned by no later than 9am on Monday 18 April 2016.

St Michael's CE (VA) Primary School and Pre-School, Lyme Regis

Permanent Part-Time Position

The Governors are delighted to invite applications to join our dedicated team at St Michael's Primary School and Pre-School Team.

St Michael's Pre-school requires a permanent Early Years Practitioner to Lead our Pre-School.

This will be a Pre-School Leader post.

Five mornings, 20 hours a week, term time only, to start ASAP

Grade 7 (pt 19) £9.52 per hour

Deadline for applications: **Monday 4 April 2016**

Interviews week beginning: **TBC**

Please find the job description, person specification and application details through Dorset For You at www.dorsetforyou.com

Please apply through www.dorsetforyou.com

Visits to the school are encouraged.
Address: King's Way, Lyme Regis, Dorset DT7 3DY
Telephone: 01297 442623
Email: office@stmichaelslyme.dorset.sch.uk

St Michael's School values the diversity of our workforce and welcomes applications from all sectors of the community. St Michael's CE VA Primary School is committed to safeguarding the welfare of children and young people; this is a commitment which we expect all staff and volunteers to share. The successful candidate will be required to have a Disclosure and Barring Service check inline with Governments Safer Recruitment guidelines.

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PUBLIC NOTICE

TOWN OF BRIDPORT ANNUAL TOWN MEETING

Notice is hereby given that the Town Mayor is to convene the Annual (Parish) Meeting for the Town of Bridport, to be held at the Town Hall, Bridport on Tuesday 5 April 2016 at 7.00 pm.

This is an opportunity to hear about the work of the Town Council and other local organisations supported by the Council. All local government electors for the parish of Bridport are welcome to attend and can also raise other items. It would be helpful to have advance notice of any items to be raised at the meeting. Light refreshments will be provided.

For more information and to give notice of any items to be raised, please contact the Town Clerk.

Bob Gillis, Town Clerk, 01308 456722
r.gillis@bridport-tc.gov.uk
22 March 2016

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Deadline 12pm every Monday

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view from TM PropertyView

PACKED SYMONDS AND SAMPSON BRIDPORT OFFICE FOR LANDLORD'S EVENING

WITH new legislation and tax changes for landlords and second home owners, Symonds & Sampson saw their Bridport office packed with both existing and potential landlords looking for expert advice at a Landlords Evening last week.

'There we so many attendees, we were unable to advise everyone individually; luckily I had prepared a talk that covered all the relevant topics!' commented Partner & Head of Lettings Rachael James.' Rachael covered some 14 pieces of legislation, 6 of which have come in over the last year including EPC ratings, Legionella bacteria, the right to rent, smoke & carbon monoxide alarms, condensation and the Immigration and Deregulation Act. All the subjects were thought provoking and created many questions which stimulated a group discussion with everyone sharing experiences both good and bad!'

Stephen Potter a Tax Advisor from Scott Vevers accountants in Bridport, also spoke in depth about the tax changes affecting landlords.

'The growing popularity of these events shows the buoyancy of the buy-to-let market regardless of the stamp duty changes' added Lettings Area Manager Lucy Nolan. 'Potential investors still see buy-to-let as an attractive long term asset and our Landlord Evenings provide essential information allowing landlords to make an informed decision'.

Rachael said "many landlords have historically managed their own properties; however with more and more changes in the law it is becoming increasingly difficult to keep up. Symonds & Sampson's letting agents are ARLA qualified and offer expert advice and competitive rates for clients at all levels of management."

Further events will be held throughout the year across the south west region with the next event in Sherborne on 14th April. Please contact Rachael James or Lucy Nolan for further information or to book a one to one appointment.

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WOOTTON FITZPAINE - £595,000

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VILLAGE LOCATION

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VIEWS

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LEASEHOLD

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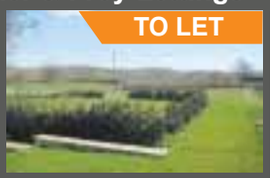

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All copy must be received by midday on Monday for Wednesday's publication

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Web Ref: ACC080290 **Dorchester 01305 261008**

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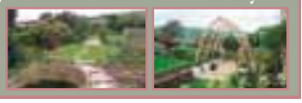

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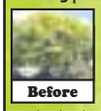

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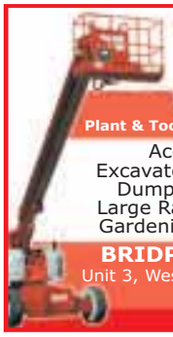

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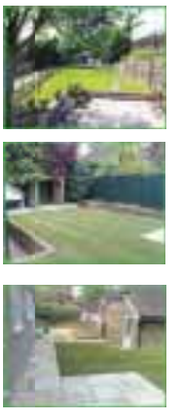

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Korando Sports - Loaded with value!

SSANGYONG is earning a solid reputation for value and quality, and nowhere is this more evident than with its Korando Sports 1 tonne pick-up.

Korean engineered and built, the Korando Sports has a reputation for durability, and is the only pick-up to come with a 5 year limitless mileage warranty. The range now comprises three models, the S, SX and EX with prices from just £14,495 - £18,195 (ex VAT).

Limited edition DMZ

Based on the top of the range EX automatic, the new Korando Sports DMZ is a limited edition model featuring full camouflage paintwork, roof rails and 18" alloy wheels, and priced at £19,195 (ex VAT).

Commented Paul Williams, CEO of SsangYong Motor UK, "With its keen price and comprehensive list of standard equipment, Korando Sports gives you a lot of vehicle for the money - from £14,495 (ex VAT), and the reassurance of a 5 year limitless mileage warranty for complete peace of mind.

"It can be loaded like a truck yet still drives like a car, and really is the best value pick-up you can buy!

"The DMZ is a bit of fun. We ordered a short run initially but they were instantly snapped-up by our dealers, so we think it could prove particularly popular with owner drivers."

Korando Sports is powered by SsangYong's e-XDi 2 litre diesel engine, and provides maximum power of 155PS and peak torque of 360Nm delivered between 1,500rpm and 2,800rpm providing ample performance both on and off road, and fuel economy of up to 37.7 mpg on the Combined Cycle*. The vehicle has very good levels of NVH (noise, vibration and harshness) and comes with on-demand 4-wheel drive, a full 1 tonne payload and a towing capability of up to 2.7 tonnes.

A real workhorse, the pick-up features a large, flat rear deck giving a 2.04m2 load area to take a Euro pallet, and fitted with load deck liner and anchor points. A range of optional rigid hard tops to provide weather protection and security to the load area is also available.

Also and unusually for the segment, the SsangYong Korando Sports also features a live rear axle supported by a sophisticated multi-link rear suspension system with progressive coil springs to give a comfortable, car like ride, instead of the more dated leaf springs employed on many other pick-ups.

Three models - S, SX & EX

In addition to DMZ there are three models to choose from. The S is the lowest priced double cab pick-up on the market at just £14,495 (ex VAT). The SX is a step up and extremely well equipped with 18" alloy wheels, tinted glass, air conditioning, leather covered steering wheel, remote central locking, an MP3 CD & RDS radio with a USB & auxiliary port and Bluetooth connectivity as well as speed sensitive power assisted steering. The Korando Sports SX costs £15,395 (ex VAT).

The EX also features 18" alloy wheels, and adds the luxury touch of leather upholstery with heated front seats, powered driver's seat, heated, electrically adjustable and power folding door mirrors and rear parking sensors. A Mercedes-Benz 5 speed automatic transmission with cruise control is also available as an option. The EX with manual transmission is £16,995 (ex VAT), and with automatic transmission, £18,195 (ex VAT).

5 year limitless mileage warranty

As with all models in the SsangYong range, the new Korando Sports 1 tonne pick-up is covered by a 5 year limitless mileage warranty.

Designed to be totally transparent and give customers complete peace of mind, 'limitless' means just that: not a maximum mileage condition that some brands impose in their small print.

All the major mechanical components are covered including wheel bearings, suspension joints and bushes, steering joints, shock absorbers and even the audio system. Wearable components such as clutch discs and brake friction materials which could have their life reduced by poor driving are covered for one year or 12,000 miles, and the battery and paintwork for three years.

▲ The new limited edition SsangYong Korando Sports DMZ

▲ SsangYong Korando Sports

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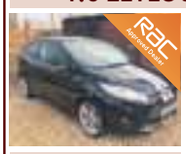

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Lanehouse Vauxhall makes sure kids have an 'eggs-ellent' time travelling over easter

LOCAL Vauxhall retailer, Lanehouse Vauxhall, with sites in Bridport and Weymouth is offering parents in Dorset a new way to keep their little ones amused on the road this Easter.

Long car journeys can be tough for young families in Dorset, with new research from Vauxhall Motors showing they can take a third (32%) longer when travelling with children. And, before even setting off, parents of kids under nine spend over half an hour (32 minutes) corralling the family into the car. This means that a four-hour drive will take approximately one hour and 16 minutes longer for parents with young children.

While parents in Dorset still make the most of classic car games, with the majority (59%) choosing eye spy as their preferred distraction, closely followed by sing-alongs (55%) and watching videos on a tablet or phone (50%), audio books also proved popular with one in five (21%) parents using them to keep kids happy in the backseat*.

To tackle boredom and help parents out while travelling, Dorset is offering a series of narrated stories on video, after Vauxhall teamed up with DJ, presenter and broadcaster, Edith Bowman.

Perfect for bedtime, afternoon naps or keeping little ones amused on long car journeys, the videos can be downloaded as audio or video, or streamed on car journeys through Vauxhall's in-car intelligence system, OnStar.

Based on popular stories written by children's author, Tracey Corderoy, and narrated by Edith Bowman, the three stories – Shifty McGifty and Slippery Sam, Shifty McGifty and Slippery Sam: The Cat Burglar and Hubble Bubble, Granny Trouble – from independent publisher Nosy Crow, were chosen for their popularity, and follow the exploits of two robber dogs who turn good, and a very peculiar granny.

Narrator Edith Bowman comments: "Reading or listening to stories has always been something I've done with my kids from a very early age, both at home and on our travels. It's one of my favourite things to do as a parent, so being a bedtime storyteller was a dream for me. The idea is brilliant, using that time when kids are stuck in the car to entertain them, help them get some rest and give parents some peace!"

Dominic Avery, Company Director at Lanehouse Vauxhall, adds: "Vauxhall OnStar is a personal on-board assistant available across our vehicle range, offering Wi-Fi capability for up to seven devices, stolen vehicle assistance, automatic crash response and much more. Technology needs to enhance our customer's everyday lives and for us at Lanehouse Vauxhall, the little things like quiet, hassle-free car journeys with young children are worth every penny."

Vauxhall's Backseat Bedtime stories are available to view through the Vauxhall Motors website: www.vauxhall.co.uk/backseatbedtime

For further information on Vauxhall OnStar or any of the models at Vauxhall, please contact your local Lanehouse Vauxhall. Alternatively, go online to http://www.lanehousevauxhall.co.uk/.

▲ Edith Bowman reads for Vauxhall OnStar's Backseat Bedtime

***Top ten activities to keep children amused in the car:**

1. Play Eye Spy (59%)
2. Sing-alongs (55%)
3. Watch videos on tablet or phone (50%)
4. Give them sweets (48%)
5. Play spot the red / yellow / blue car (45%)
6. Spot landmarks (35%)
7. Listen to audio books (21%)
8. Play the 'how long can you stay quiet for' game (16%)
9. Play 20 questions (12%)
10. Play 'In my suitcase' (6%)

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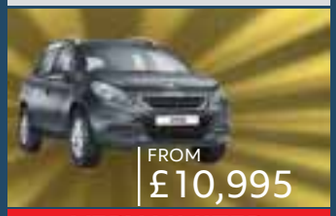
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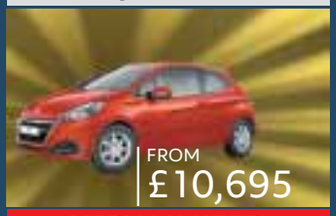
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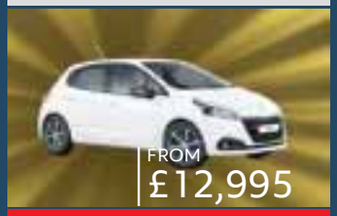
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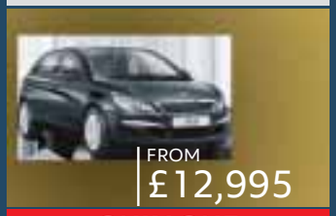
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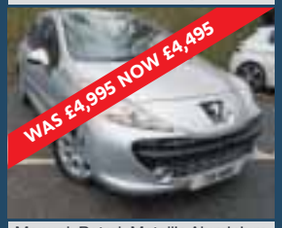
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Vauxhall Motors reveals the paw-fect parking manoeuvre with #parallelbarking

IT SEEMS you really can teach an old dog new tricks, as this week Vauxhall Motors put its all-new Vauxhall Corsa in the hands of a capable canine to test its latest Advanced Park Assist technology.

Step aside Jeremy Barkson and enter Gerty the Boxer, the star of Vauxhall's new #ParallelBarking video. The minute-long clip features the daring dog execute the paw-fect parallel park, with no human assistance, leaving passers-by on Wimbledon High Street dumb-hounded.

Sitting in the driver's seat of the red Vauxhall Corsa SE, Gerty shows off the advanced technology of the new easy parking feature – from how it detects a parking space to automatically computing the perfect manoeuvre into the slot – demonstrating that parallel parking can be a walk in the park.

Gerty said, "People are often worried, even scared of parallel parking, especially if you've just passed your test and driving in a busy, built-up area. Through my acting debut in the Corsa with Advanced Park Assist I've demonstrated how this technology can help you find a parking space and steer you into the spot. You'd be barking mad not to try it out."

Advanced Park Assist is now available as an optional extra in the all-new Vauxhall Corsa, available from £8,995. The new Vauxhall Corsa offers additional features including OnStar and a class-leading IntelliLink infotainment system.

To view #ParallelBarking, visit po.st/parallelbarking.

▲ Vauxhall's new #ParallelBarking video

SsangYong's Easter bunny bounces in with special spring savings

SSANGYONG Motor UK has announced special savings on particular vehicles in stock until the end of March across its range of Korean built SUVs, 4x4s and seven-seater Turismo MPV.

Savings of up to £1,500 are available on a Korando ELX4, £2,250 on a Turismo ES auto MPV, and £3,000 on a Rexton ELX auto 4x4. Selected Tivoli petrol and diesel models can save between £1,000 and £1,250, and there is also up to £1,500 available on the Korando Sports EX auto pick-up.

"There are only so many chocolate eggs one can eat over Easter, so for those thinking about a new car, we thought the opportunity to get out and test drive a new SsangYong and benefit from savings of up to £3,000 might be a good alternative to sitting in traffic to the coast or wildlife park," says Paul Williams, CEO of SsangYong Motor UK.

"SsangYong was the second fastest growing new car brand last year, and March looks like being our best ever month, so we're keen to maintain that momentum by sharing these special incentives with our customers.

"We have a great range of cars, and our dealers can talk to you about a wide range of purchase options available including PCPs," he added.

▲ SsangYong Tivoli SUV

▲ SsangYong Rexton 4x4

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16 (65) FORD KUGA TITANIUM 2.0 TDCi, 180ps, 6 Speed Manual in Frozen White, AWD, Keyless Entry, Power Tailgate, Appearance Pack, Convenience Pack, Roof Rails, Sony DAB/Sat Nav, Rear Camera, 18" Alloys, Sync, Delivery miles only **£26,995**

16 (65) FORD FOCUS ESTATE ZETEC 1.5 TDCi, 120ps, in Magnetic Metallic, Sync 2/Sat Nav, Roof Rails, Reverse Park Sensors, Rear View Camera, Delivery miles only **£19,995**

13 (13) FORD C-MAX TITANIUM 1.0 Petrol in Micastone Met, 125ps, 5 Door MPV, Sony Radio/CD, Bluetooth, Cruise Control, Auto Lights/Wipers, Park Assist, Frt & Rear Park Sensors, Power Folding Mirrors, Power Button Start, Elec. Windows, Climate Control, Keyless Entry, One Local Owner, 13000 mile appx **£12,595**

14 (14) FORD B-MAX TITANIUM 1.6 TDCi in Frozen White, Alloys, Cruise Control,14 Sync, Sony Radio/CD, Auto Headlamps, Auto Wipers, One Local Owner, 17000 miles appx **£11,695**

12 (12) FORD C-MAX TITANIUM 1.6 Ecoboost, 150 ps Petrol in Moondust Silver Metallic, MPV, Alloys, Radio/CD, A/C, Remote Central Locking One Local Owner, 19800 miles appx **£11,295**

12 (62) FORD FOCUS TITANIUM 1.0 Petrol, 125 ps, Ecoboost, 5 Door Hatchback in Candy Red Pearlescent, Alloys, A/C, Sony Radio/CD, Cruise Control, Sync (Bluetooth), Rear Park Sensors, Remote Central Locking, Locally Owned, 16000 miles appx **£10,695**

12 (62) FORD B-MAX TITANIUM 1.6 TDCi, 5 Door Hatchback in Copper Pulse, Alloys, Sony Radio/CD, Climate Control, Auto Headlights/Wipers, Cruise Control, Sync, Power Folding Mirrors, Power Button Start, USB, Locally Owned, 16200 miles appx **£10,595**

14 (14) FORD FOCUS ZETEC 1.0 Petrol, 5 Door Hatchback in Race Red, Alloys, Sync (Bluetooth), Rear Parking Sensors, A/C, Radio/CD, One Local Owner, 21300 miles appx **£10,495**

12 (12) FORD FIESTA METAL (ltd Edition) 1.6 Petrol in Frozen White, 3 Door Hatchback, Black Alloys, Leather Upholstery, A/C, Radio/CD, Bluetooth, USB, One Local Owner, 14000 miles appx **£9,795**

13 (13) FORD FOCUS ZETEC 1.6 TDCi, 115 ps in Moondust Silver Met, 5 Door Hatchback, Bluetooth, Remote Central locking, Heated Frt. Screen, Radio/CD, A/C, Elec, Frt Mirrors, Frt. Fog Lights, One Local Owner, 33000 miles appx **£9,995**

11 (11) FORD FOCUS EDGE 1.6 Petrol, 5 Door Hatchback in Sea Grey Met. Bluetooth, A/C, Radio/CD, Elec Frt Windows, Elec adjustable mirrors, Remote Central Locking, Locally Owned, 21600 miles appx **£7,995**

10 (10) FORD FIESTA TITANIUM 1.6 Petrol in Squeeze Green, 5 Door Hatchback, Alloys, Radio/CD, A/C, Bluetooth, Power Folding Mirrors, Rear Parking Sensors, Cruise control, Auto Headlights, Locally Owned, 40000 miles appx **£7,295**

10 (10) FORD FOCUS TITANIUM 1.6 TDCi, 5 Door Hatchback in Caspian Blue, Keyless Entry, Powerstart, Alloys, Rear Park Sensors, Cruise Control, Sony Radio/CD, Auto Headlights, Heated Frt Seats, Locally Owned, 39800 miles appx **£7,295**

13 (63) FORD KA EDGE 1.2 Petrol in Crystal White, 3 Door Hatchback, Elect Frt Windows, Radio/CD, A/C, One Local Owner, 4300 miles appx **£5,995**

09 (58) FORD MONDEO TITANIUM X Sport, 2.0, 175ps, TDCi, 5 Door Hatchback in Panther Black, Alloys, Heated Seats, Cruise Control, Bluetooth, Climate Control, Auto Headlamps, Auto headlamps, Sony Radio/CD, Power Folding Mirrors, Locally Owned, 49000 miles appx ..... **SOLD**

AUTOMATIC

09 (59) FORD FIESTA ZETEC 1.4 Petrol AUTOMATIC in Frozen White, 5 Door Hatchback, Radio/CD, A/C, Bluetooth, Frt & Rear Parking Sensors, Alloys, One Local Owner, 29000 miles appx ..... **SOLD**

08 (58) FORD C-MAX ZETEC 2.0 TDCi AUTOMATIC in Panther Black Metallic, 5 Door MPV, Leather Upholstery, Heated Front Seats, Panoramic Roof, Frt & Rear Parking Sensors, Privacy Glass, Radio/CD, A/C, Alloys, Frt Fog Lights, Locally Owned, 85000 miles appx **£5,295**

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2006/55 FORD RANGER 2.5 TDDI REGULAR CAB PICKUP 4X2 2 DOOR, Manual, Diesel, Silver. 81,000 Miles. Next MOT due 01/02/2017, 13 Months Warranty, Good Service History, 2 Previous Owners, MOT Until Feb 2017 No Advisories, Warranted Mileage, Electric Windows .....**£4,495 NO VAT**

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2011/11 MERCEDES-BENZ SPRINTER 2.1 TD 313 CDI SWB CHASSIS CAB TIPPER, Manual, Diesel, White/Blue. 118,000 Miles. 13 Months Warranty, One Previous Owner, Full Service History, Full MOT, Warranted Mileage, Excellent Condition Throughout .....**£8,995 + VAT**

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2012/62 VOLKSWAGEN CRAFTER 2.0 CDTI CR35 LWB PANEL VAN, Manual, Diesel, White. 136,000 Miles. 13 Months Warranty, One Owner From New, Full Service History, Full MOT, Warranted Mileage, Excellent Condition Throughout..**£7,750 + VAT**

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AUTOMATIC

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2001/Y AUDI A2 1.4 SE 5 DOOR HATCHBACK, Manual, Petrol, Black. 80,000 Miles. 13 Months Warranty, Full Service History, Full MOT, Warranted Mileage, Climate Control, Alarm, Alloy Wheels (16in), Electric Windows (Front/Rear).....**£2,250**

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REG: 2015 (65) FUEL: Diesel
DOORS: 5 MILEAGE: 4000
ENGINE SIZE: 1.6 COLOUR: GREY
TRANS: Manual

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DOORS: 5 MILEAGE: 4000
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TRANS: Manual

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REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 3500
COLOUR: WHITE

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REG: 2015 (65)
DOORS: 3
ENGINE SIZE: 0.9
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DOORS: 5
ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 4522
COLOUR: GREY

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REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 2.3
TRANS: Automatic
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REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 1.6
TRANS: Manual
FUEL: Diesel
MILEAGE: 3000
COLOUR: ALUMINIUM/ SILVER

MITSUBISHI MIRAGE 2 £8,995

REG: 2015 (15)
DOORS: 5
ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 4500
COLOUR: BLACK

MITSUBISHI OUTLANDER DI-D GX 4S £27,995

REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 2.3
TRANS: Automatic
FUEL: Diesel
MILEAGE: 9300
COLOUR: WHITE

MITSUBISHI MIRAGE ATTIVO £11,995

REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 1.2
TRANS: Automatic
FUEL: Petrol
MILEAGE: 1600
COLOUR: BLUE

MITSUBISHI MIRAGE ATTIVO £10,495

REG: 2015 (65)
DOORS: 5
ENGINE SIZE: 1.2
TRANS: Manual
FUEL: Petrol
MILEAGE: 26
COLOUR: BLUE

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As they stand

Toolstation Premier (40)	Pld	Pts
Odd Down	27	66
Willand Rovers	32	59
Bristol Manor Farm	28	58
Melksham Town	28	57
Barnstaple Town	26	56
Buckland Athletic	25	55
Street	30	52
Bradford Town	30	46
Gillingham Town	24	35
Cadbury Heath	29	35
Shepton Mallet	27	34*
Bitton	28	33
BRIDPORT	26	31
Brislington	26	31
Hallen	26	27
Cribbs	31	27
Sherborne Town	28	23
Longwell Green	27	20*
Clevedon Town	30	15
Welton Rovers	26	13

Dorset Premier (32)	Pld	Pts
Shaftesbury Town	23	58
BALTI SPORTS	25	50
Merley Cobham	19	43
WEYMOUTH RES	23	42
Swanage & Herston	22	39
Hamworthy Recreation	16	38
Hamworthy Utd Res	25	38
Sherborne Town Res	20	33
Parley Sports	20	30
Westland Sports	24	28
Holt Utd	22	28
Mere Town	23	26
Wareham Rangers	23	21
Blandford Utd	24	21
BRIDPORT RES	20	18
South Cheriton Utd	25	17*
Cranborne	24	3

D&E Div Two (26)	Pld	Pts
Henry's Cronies	13	37
Exeter University 3rds	16	36
Exmouth Town Res	12	28
Chulmleigh	11	27
LYME REGIS	14	27
Cullumpton Rang Res	14	23
Newtown Reserves	12	21
Dawlish Utd	14	18
Tipton St John	14	16
Halwill	18	13
Hemyock	14	13
East Budleigh	16	4
Culm Utd	12	3

D&E Div Seven (22)	Pld	Pts
Central (Exeter)	16	38
Tivvy Park Rangers	13	35
Offwell Rangers	15	28
LYME REGIS RES	17	27
Wellington Tn 3rds	18	24*
Pinhoe Reserves	13	23
Elmore Reserves	13	20
Cheriton Fitzpaine Res	13	17
Colyton Reserves	17	17
Seaton Town Res	16	13
Langdon Reserves	16	10
Bradninch	15	5*

Perry St Premier (24)	Pld	Pts
Barrington	12	33
Shepton Beauchamp	12	29
Beaminster	11	27
South Petherton	10	24
Perry Street	8	22
Combe Reserves	16	19
W& M Chinnock	15	16
Netherbury	16	14
Winsham Utd	16	14
Chard Utd	14	14
Forton Rangers	15	11*
Crewkerne Town	15	6*

Perry St Div 1 (24)	Pld	Pts
Hawkchurch Utd	13	34
Misterton	12	24
Drimpton	9	24
Barrington Reserves	12	21*
Waytown Hounds	11	18
Combe St Nicholas A	14	17
Uplyme	10	13
Beaminster Reserves	11	13
Pymore	10	11
Ilminster Town Colts	11	10
Crewkerne Rangers	12	6
Thorncombe	13	6

Perry St Div 2 (24)	Pld	Pts
Shepton Beau Res	14	28
Winsham Utd Res	16	28
South Petherton Res	9	24
Farway Utd	12	24
Chard Rangers	14	23
Merriott Rovers	10	22
Combe St Nicholas B	12	21
Chard Utd Reserves	13	20
Hinton St George	15	15
Merriott Dynamos	13	13
Kingsbury Episcopi	16	10
Thorncombe Reserves	12	0

Perry St Div 3 (24)	Pld	Pts
Dowlish & Donyatt	11	30
Charmouth	15	28
Perry Street Reserves	10	24
Fivehead	14	24
Netherbury Reserves	12	22
Halstock	8	19
Drimpton Reserves	13	18*
Uplyme Reserves	12	17
Chard Rangers Res	10	14
Crewk Rangers Res	13	10
Chard Utd All Stars	14	10
Ilminster Town A	11	6
Farway Utd Reserves	13	4

Local football round-up WITH HOWARD LARCOMBE

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Spot on Hounds through to semi-final

Three hat-tricks at the Fort - Bearpark at the double - Charmouth slide on Dowlish slope

DEVON & EXETER LEAGUE
DIVISION TWO
LYME REGIS 11 CULM UNITED 1

LYME Regis showed no mercy to bottom of the table Culm United who were put to the sword at the Davey Fort on Saturday.

The visitors came into the game on the back 10 successive defeats which included an 18-0 hammering at Chulmleigh, and a 1-0 reverse last time out against an Exmouth Town Reserves' side which could only muster eight players!

Lyme attacked from the first whistle but failed to make the breakthrough against their clearly beleaguered visitors.

Then, in their first and only attack, Culm took the lead in the ninth minute when Harry Jee latched onto a stray pass across the edge of the home penalty area and unleashed a looping shot which found the roof of the net to give keeper Lee Cleal no chance.

This stung the Seasiders into a response and that's certainly what they did scoring five goals in 13 minutes.

Julien Simier equalised with a landmark goal – his 100th in English football. Dec Ellis then put the hosts ahead in the 22nd minute with a shot that was half stopped by keeper Nick Goulty but just crossed the line.

It was 3-1 two minutes later when Joe Bond cleverly flicked home Rob Fellingham's low centre.

Bond then struck the inside of the post but the goals kept flowing. Simier latched onto a long ball over the top outpaced the overworked back line and slotted home. The Frenchman then turned provider with a cross for Ellis to make it 5-1.

The last goal of the half was a fine team move with left back mark Batey arriving at the perfect time to guide the ball inside the post.

Simier netted his second early in the second-half when he curled home a sweet strike beyond the grasping fingertips of Goulty.

Bond completed his hat-trick in the 54th minute after Ellis selflessly squared the ball across the six yard box.

Lyme manager Rob Thom then rang the changes resting Mark Bailey, Adam Caddy and Bond ahead of the following day's Bill Slee Cup Quarter-final at Bampton.

One of the substitutes, former Bridport favourite Ben Clarke marked his debut in the Seasiders' shirt with the ninth to mark a promising half-hour cameo.

Ellis then somehow missed from under the crossbar and had a goal chalked out for offside before Goulty did well to deny Clarke.

◆ **IN-FORM:** Dec Ellis took his tally to eight goals in four games

But there was still time for Ellis to set-up Simier for his hat-trick and then complete his own triple with a cool finish as Lyme completed their biggest ever win in the Devon & Exeter League and biggest in all competitions for five years.

The roof nearly came off the Dave Fort clubhouse when defender Luke Clifton went close to notching a rare goal but his low volley was well saved by the plucky Goulty.

Seasiders; *L.Cleal, A.Cleal, G.Knight, D.Rowe, M.Laing, R.Fellingham, C.Larcombe, A.Caddy, M.Bailey, J.Bond, D.Ellis. Subs used; D.Rudge, L.Clifton, B.Clarke.*

Division Seven
CHERITON FITZPAINE RES 1 LYME REGIS RES 1

FOR the second time in seven days wasteful finishing cost Lyme Regis Reserves vital points in the race for a Division seven promotion spot which may well be beyond their grasp now.

"We lack composure in front of goal. The front six were all guilty of missing really good chances," said manager Gerard Hitchcock who must be considering dusting off his shooting boots.

Some hesitant defending under a high ball that was only half cleared allowed the hosts to nip in and take the lead.

At the other end Lyme continued to pepper the home goal with a guilt-edged chance falling to Pete Peacock who blazed over the bar when well placed.

Ryan fifer eventually grabbed what prove to be the equaliaiser fothe Seasiders.

The second-half saw Lyme hit the woodwork three times and have what they believed to be a perfectly fair effort from Tyrone Ruth ruled out for offside.

But more poor finishing ultimately prevented them from clinching the extra two points.

Hitchcock summed up his team's performance: "The whole team played pretty well, but we are just snatching at our chances."

PERRY STREET LEAGUE
Saturday, March 19th
DAISY HUTCHINGS CUP QF
BEAMINSTER RESERVES 1 UPLYME 3

UPLYME set-up a semi-final against Waytown Hounds at their Netherbury home with a disciplined performance at the Memorial Ground.

Uplyme went into the game without a recognised keeper and Sam Wooster stepped in to pick up the gloves.

Nevertheless they took the lead in the 10th minute when Jake Bearpark fired home from 16 yards after good link up play from Rich Robinson and Jonny Davies.

Brad Rowe went close to doubling the lead with a towering header that clipped the upright.

At the other end Wooster was largely untroubled but did have to tip one shot up onto the crossbar.

The second half began with The Swallows becoming jittery in possession and Beaminster capitalised when Gary Corry got on the end of a long ball over the top and tapped home.

The influential Corry was then forced off through injury and it was the visitors who moved up through the gears.

They regained the lead when a Davies cross was turned into his own net by a defender.

The killer third goal arrived in the 82nd minute when Tom Gollop converted Craig Coles' cross and the win was secured.

Joint manager Jon Matthews picked out right back Robinson as MoM.

SPETHERTON RES 1 WAYTOWN HOUNDS 1
(Waytown won 4-2 on pens)

A VERY good young South Petherton side put Waytown under a lot of pressure in the first half.

James Loveridge almost put the Hounds in front but Petherton's keeper got a hand to his shot that then hit the post.

The home side made their pressure pay with a Tim John goal that put them 1-0 up going into the break.

The Hounds slowly got themselves back into the game and Jon Legg's shot was saved but only fell into the path of Loveridge who made no mistake.

Both sides had many chances to win the game but the best two fell to the Waytown; first when a shot from Legg hit the post and ran across the goalmouth, and then Simon Smyth, who had earlier hit the crossbar, lifted a shot over the bar with only the keeper to beat.

In the penalty shoot-out Hounds' keeper Lee Cuff saved penalties from Jimmy Rees and Talin Ford while Tom,

◆ **SHOOT OUT KING:** Lee Cuff saves two penalties in Hutchings cup quarter final

Rutland, Legg, Tom Knott and Steve Batterick all scored to put the Hounds through.

Cuff was picked as man of the match after a solid display throughout which he capped off in style saving two penalties.

Semi-Final draw;
Merriott Rovers v Misterton
Waytown Hounds v Uplyme

PREMIER
NETHERBURY 0 SOUTH PETHERTON 4

AFTER some good recent performances Netherbury paid the price for a poor showing as they failed to score at home for the first time in two years and slumped to defeat against title-chasing South Petherton.

The Ambers gave themselves a uphill task from the sixth minute, when the ball was worked forward all too easily and this combined with some hesitant defending by Ryan Gay, allowed Shane Adcock-Case a one-on-one chance, which he converted well.

Netherbury tried to respond, but despite the odd patch of play, South Perherton were playing the better football and looked far more dangerous.

They scored a slightly controversial second, when referee Tom Richardson allowed a free-kick to be taken quickly, despite indicating he was going to walk the wall back.

However, the Ambers reacted to this poorly and Sam Bourne crashed a shoot past keeper Robin Harp from a tight angle.

Petherton then worked a good third goal, with striker Jamie Underwood getting the better of Richard Pincombe to make it 3-0 and atoning for missing a softly awarded penalty given against Danny Rawlings.

To their credit Netherbury came out and had the better of the opening exchanges of the second half. They thought they had scored after some pinball in the box, the ball looked to have crossed the line, but referee Richardson claimed he could not be certain.

Petherton then went up the other end and won another penalty, from which Harp made a brilliant save to deny Danny Rendall. The Ambers were indebted to their keeper again soon after when he made a fine reaction save and Petherton also hit the crossbar from a Steve Bowker header.

To finish off the Ambers afternoon Underwood added a fourth, that the visitors deserved, but the Ambers defenders were adamant that the ball had not fully crossed the goalline.

Netherbury manager Andy Loudon was realistic about the defeat: "For some reason we never got going and Petherton took their chances well. They were the better team but at least we made them work a little harder in the second half".

He picked out keeper Robin Harp for his excellent saves keeping the score down and Karl Ives for several important tackles and his overall work rate as his top performers.

SHEPTON BEAUCHAMP 3 CHARD UTD 0

SHEPTON Beauchamp look sure to have a big say in the destination of the Championship trophy after beating Chard United for the third time this season.

A Dan Smith strike had the hosts one up at the break. A super angled drive from Adam Dawe gave them breathing space on the hour mark and volley from Jamie Spurdle – again from an acute angle – rounded things off.

Daw struck the post from a penalty near end for Shepton who's gaffer Aggie Smith picked out Ben Pitman as MoM.

WINSHAM UTD 2 BARRINGTON 4

A JAN Kasper hat-trick keeps Barrington in the driving seat in top spot with half of the season still to play.

But they didn't have things all their own way at Winsham who led twice. The hosts took the lead early on through James Krasucki after good work from Warren Gabbidon.

Kasper squared things up only for Sam Symes, again after good build up play from Gabbidon, to make it 2-1 with a neat volley from outside the box which caught the Barrington keeper napping.

But Kasper equalised for the second time and James Thompson edged the visitors ahead for the first time in the match.

Kasper then completed his hat-trick to clinch the win despite to the best efforts of stand-in Winsh keeper Tom Stead.

An injury to Tony Harwood, and no subs available, meant the hosts were forced to finish the game with just 10 men.

DIVISION THREE
DOWLISH & DONYATT 6 CHARMOUTH 0

CHARMOUTH were given a chasing on the Dowlish slope and their promotion hopes took a hit as they were thrashed 6-0. George Hayward (2), Dan Vining, Matty Baker, Kieran Randall and Chris Tanner netted for the hosts.

NETHERBURY RES 3 CREWK RANGERS RES 1

NETHERBURY Reserves extended their unbeaten run to four games, and also put themselves back into the promotion race.

The Ambers took the lead in the sixth minute when Josh James sent over a free kick that Adam Sorrell volleyed into the bottom corner of the net.

Ambers' keeper Mark Tozer was then called into action with a good save to keep the scores level, and the visitors also hit the bar from a deflected shot.

Netherbury's passing football was being disrupted by countless late tackles and fouls, and there were a couple of Crewkerne players who were very lucky to still be on the pitch.

Tozer then pulled off a brilliant save from a dubious penalty award, guessing correctly low to his right. From here Netherbury started take control.

They deservedly went into a 2-0 lead with Sorrell again on the end of a corner to head in at the far post.

In the second half Netherbury dominated proceedings and within two minutes of the re-start, Tyman James sent in a long throw-in that Pete Ellingham headed on but the ball bounced off the crossbar and away.

Then a Wes Furzsman corner reached an unmarked Alex Goodrick at the back post. His shot was saved and looped up into the air where captain Steve Symonds was there to head into the corner to make the game safe at 3-0.

Crewkerne scored from their only attack in the second half, and it was a super goal. Nippy winger Lewis England took on four players and converted from a seemingly impossible angle inside the far post.

But Netherbury saw out the remainder of the game with Alex Goodrick also hitting the post in the closing stages.

RESULTS

DAISY HUTCHINGS CUP QF
Beaminster Reserves 1 Uplyme 3
South Petherton 1 Waytown Hounds 2
(Waytown won 4-2 on pens)
JACK VENN CUP QF
Chard Rangers 2 Merriott Dynamos 0
Farway Utd 1 Merriott Rovers 6
Kingsbury 0 Shepton Beauchamp Res 2
PREMIER
Crewkerne Town 0 West & Middle Chinnock 2
Forton Rangers 2 Combe Reserves 0
Netherbury 0 South Petherton 4
Shepton Beauchamp 3 Chard Utd 0
Winsham Utd 2 Barrington 4
DIVISION ONE
Drimpton 2 Combe St Nicholas A 0
Hawkchurch Utd 3 Thorncombe 0
DIVISION TWO
Combe St Nicholas B 1 Winsham Utd Reserves 7
Thorncombe Reserves 2 Hinton St George 3
DIVISION THREE
Chard Utd All Stars 2 Drimpton Reserves 2
Dowlish & Donyatt 6 Charmouth 0
Halstcok 5 Farway Utd Reserves 0
Netherbury Res 3 Crewkerne Rangers Res 1

FIXTURES

Thursday, March 24th
JOHN FOWLER CUP FINAL
Dowlish & Donyatt v Drimpton Reserves
(at Bridport FC 7pm ko)
Friday, March 25th
CHALLENGE CUP FINAL
South Petherton v West & Middle Chinnock
(at Forton Rangers FC 3pm ko)

Saturday, March 26th
(all 2.30pm unless stated)
PREMIER
Beaminster v Perry Street (2pm)
Chard Utd v Winsham Utd
Crewkerne Town v Shepton Beauchamp
Forton Rangers v Barrington
Netherbury v Combe St Nicholas Reserves
DIVISION ONE
Thorncombe v Waytown Hounds (2pm)
Crewkerne Rangers v Barrington Reserves
Ilminster Town Colts v Misterton
Pymore v Combe St Nicholas A
Beaminster Reserves v Uplyme (4.15pm)
DIVISION TWO
Farway Utd v Chard Utd Reserves
Merriott Rovers v Shepton Beauchamp Reserves
South Petherton Reserves v Merriott Dynamos
Winsham Utd Reserves v Hinton St George
Thorncombe Reserves v Chard Rangers (4.15pm)
DIVISION THREE
Chard Rangers Reserves v Fivehead
Chard Utd All Stars v Perry Street Reserves
Charmouth v Halstock
Dowlish & Donyatt v Ilminster Town A
Drimpton Reserves v Farway Utd Reserves
Uplyme Reserves v Netherbury Reserves

Monday, March 28th
REG EGLON CUP FINAL
Combe B v Crewkerne Rangers Reserves
(at Misterton FC 11am ko)

An eye on the Bees - Bridport FC

WITH STUART BROOM

Bees dismal run continues

Bridport 0 Longwell Green Sports 3

BRIDPORT'S dismal run continued on Saturday at St Mary's Field when they were beaten by lowly Longwell Green Sports.

The defeat means the Bees have only won once in 2016, having lost the other six, and has left manager Trevor Senior baffled by it.

"I can't put my finger on it, both the management and players are baffled. They seem to be able to raise their game against the better sides, but can't do it every time; they have played very well in the last two games against better sides.

"Also suspensions and injuries have hit us, and both Chris Clarke and Shane Evans were playing with injuries, and really need a rest."

He added: "To be fair to Longwell they are a workmanlike side, but they weren't great, but they got the points and our poor run continues.

Bridport started brightly. Blair had a shot on goal before Sports opened the scoring on 12 minutes with John McAlinden powerfully heading home a corner.

Jamie Beasley went close with one of his trademark pile driver cross shots that just missed the far post by a foot, and Matt Condliffe had his cross-cum-shot tipped over by the keeper.

Sports played the long ball game and harried Bridport, and despite the Bees more cultured approach they never really troubled the visiting keeper again in the first half.

The second half was much the same with Bridport coming out in determined mood. Beasley went close and skipper Chris Clarke saw another teasing swirling ball tipped over the crossbar, whilst Shane Evans rescued the Bees by clearing a shot off the line with Josh Hadley beaten.

late double conceded

Then in the final 11 minutes Sports scored two fortunate goals to secure them three valuable points in their fight against relegation.

Hayter made not only one but two superb block tackle on Connor Davies just inside the penalty area, and on each occasion the ball rebounded back to the same player, who with Hayter now grounded claimed third time lucky, by firing past Hadley.

Then in the third minute of added time a complete shanked effort at goal went at right angles to the unmarked Ross Beazer who had a clear shot on goal.

The Bees boss said: "Everybody contributed during parts of the game, but for some reason weren't consistent throughout. Tom Blair was the only exception, he did very well.

We just didn't manage to get into the game, and whilst Tom Richardson got more into it in the second half alongside Blair, we found it difficult.

"I felt sorry for Mark Salter who worked tirelessly up front without reward, and Ryan Dovell who also worked hard, whilst at the back Ryan Hayter was his reliable self, but we just couldn't find the spark."

Reflecting on the two late goals which gave an unfair reflection on the result Senior said: "When the ball doesn't bounce for you, the ball doesn't bounce for you. Both goals were unfortunate to say the least."

Lots of positives in Ressies defeat

Holt United 3 Bridport Reserves 2

Dorset Premier Division

DESPITE defeat, Bridport Reserves manager Shaun Annetts claimed plenty of positives from his side's performance.

Their season has been decimated by the weather and apart from a game in mid-January they only got back to competitive action last week after three months absence when they drew 2-2 with Hamworthy United Reserves.

They have spent the time since Christmas working closely with the Bridport youth teams; part of the club's policy to integrate the town's youth into senior football; and that is starting to pay dividends.

Annetts said: "Since Christmas we've formed a very close relationship with the Under 16's which was always going to be the plan, and we have signed 11 of the team on.

"They train with us every Tuesday and we have a great relationship, and in every squad since the New Year, regardless of whether the game was ultimately postponed, I have included two or three of them."

Saturday was no different with three making their debuts for the club, whilst three others who progressed through the system were playing for the first team.

With Ashley Weeks having left the club, and Josh Hadley having stepped up to the first team, Annetts was short of a keeper and asked the versatile and loyal Jamie Fry to step between the sticks.

Unfortunately Fry, aggravated a long-standing hip problem which badly restricted his movement, and despite a courageous display was unable to prevent the three Holt goals which normally have been meat and drink to him.

Annetts explained: "Jamie has a hip problem which is worse than we thought and seized up during the game. It severely hampered his movement, and with my decision to start with three at the back, it meant he was unable to sweep at the back as he normally would, and they got in behind us three times in the first half. That is no reflection on Jamie who once again gave his all, if I had known how bad it was I would not have played him, but he tried to help us out. "

Bridport started much the better side and their dominance was rewarded on 15 minutes when Will Gape was fouled on the edge of the box, and Sam Day expertly curled the free kick around the wall into the bottom corner of the net.

However, 10 minutes later Holt equalised with the first of three similar goals, playing the ball in behind the back three with Fry unable to come out and clear, to take a 3-1 interval lead.

Playing with the slight slope and the breeze behind them Bridport dominated the second half with Fry a virtual spectator.

Rhys Hughes-Williams, making his debut, making a big impression, and he almost scored following a lovely turn and swivel, but his shot was superbly tipped away by the Holt keeper.

neat header

Playing good football on a difficult surface, Bridport pulled back a goal on 65 minutes when Jack Scovell, back from university, got on the end of a cross to glance a delicate header into the corner.

With Holt now on the back foot, Bridport stormed forward and hit the crossbar, struck the post twice and had another effort cleared off the line, but could not force an equaliser they more than merited.

Annetts concluded: "Despite being without five of our more experienced players missing, we could have won the game, and there were a lot of positives to take from the game, not least the young talent that is coming through.

Rhys played exceptionally well up front for 80 minutes. He linked up well with Josh Hunter playing alongside of him, and did the under 16s proud. He wasn't afraid to get his foot in and tackle, pressed the defenders and linked up well.

Two other lads, Callum Middleton and Jake Rowland both came off the bench and didn't look out of place either."

Bowls

Dorch defeated

Bridport & West Dorset Indoor Club

BRIDPORT'S Mixed Friendly side played host to DORCHESTER and came out on top, winning 85-58.

David Jenkin, Beryl Stork, Roger Cowmeadow & Mary Hansford took the top rink award; a 4, 1, 4, 2 finish giving them a 28-12 win, whilst Lyn Sandall, Brian Parker, Pat Cowmeadow & Mike Craddock came from 8-9 down to win 21-14.

A three count on their final end saw Sylvia and Mike Fletcher, Mary Corfield & Mel Hargett win 19-15. Sandra Hargett, Nova Varney, Brian Baker & Peter Sandall fought back from 10-16 down to draw 17-17.

Pam Gray, Gerry Moss, Barbara Jenkins & David Aylott were Bridport's only winning rink against YEOVIL. They won 17-12, but Yeovil won the match 57-47 as the Fletcher's, Parker & Mel Hargett lost 17-19 and Sandra Hargett, Harry Gray, John Boxall & Keith Jenkins went down 13-26.

Lyme Regis Golf

Harry by a nose

IN THE final Winter League fixture Harry Harris came top with a well grafted 39 points to just finish one ahead of another good performance from George Yorke.

Simon Brown came in with 36 points to take 3rd place. The Ladies stableford proved to be a competitive affair with Division One headed by Sandra Shaw with 35 points just a point ahead of Jenny Scott and Diane Harris who finished 2nd and 3rd both on 34 points.

A gold star with the best score of the day belonged to Division Two winner Ronny Turner with 37 points to finish four clear of Jane Broom (33) and Kim Beauchamp 3rd with 31.

Successful race night

UPLYME Football Club held their annual Race Night at the Talbot Arms on Saturday.

The event was well attended and an excited house raised a total of just over £1200.

The Club lost a number of fixtures to the weather over the winter and are planning to carry out much needed drainage works to the pitch in the close season. The monies raised have provided a timely boost to Club funds.

The Club wish to express thanks to Race Sponsors: *Graham White (Auto Whites), Gavin Fowler, Hook Farm Camping & Caravan Park, Andy Fowkes, The Salon Charmouth, Bill & Maggie Trundley, Charmouth Bakery, John Hall, Terry's Taxis, Steve Prendeville (Dent Devils), Sovereign Coaches, Andy & Teresa Cleere, Lyme Regis Amusement Arcade, Adrian Newbatt, The Talbot Arms and Scott & Rose Barton.*

Squash

Promotion a possiblilty

AS the season reaches its climax, two of Bridport's squash teams are in a strong position to clinch promotion in the Dorset Squash League.

Bridport 1sts currently head Division Two with one game left to play. They have 220 points and lead by 16 from Two Riversmeet Leisure Centre 2nds who have one games in hand.

They meet their Christchurch rivals in their final game on Thursday, April 28th and with 20 points per match at stake, this could be the decider.

Bridport 3rds are also top of Division Four at present but, with two games to play, only have a 10-point lead over Canford 2nds who have a game in hand, and this is another situation that could go to the wire.

Bridport 2nds are third from bottom of Division Three and, having played more games than the two below them, need to pick up some heavy points totals to prevent being drawn into a relegation battle.

Bridport & West Dorset Golf

WITH PETER CROWTER

Improved weather brings good scores

Men's Section

IT WAS a cloudy with a cold wind on Sunday for the men's Stableford competition but there was a good turnout of 56 starters.

Despite the cold 21 players scored 36 points or more. The best nett scores were in Division Three where Tony Burwood led with 41 points and following him the next four players all carded 39.

Patrick Hart enjoyed a three-point lead in Division Two with 40 points and club captain Ian Kearley was among the prize-winners, coming third (after count-back with three others) with 36.

Thirty-nine points were enough to take Division One for Phil Winton and runner-up was Mike Savage with 38.

Results: **Division One**; 1st Phil Winton(11) 39 points. 2nd (acb) Mike Savage(9) 38. 3rd Dave Franks(10) 38.

Division Two; 1st Pat Hart(13) 40. 2nd Doug Miners(14) 37. 3rd (acb) Ian Kearley(13) 36.

Division Three; 1st Tony Burwood(22) 41. 2nd (acb) Derek Griggs(25) 39. 3rd (acb) Patrick Harper(20) 39. Burwood received a one shot handicap cut.

Veterans' Section

A FINE sunny day greeted the veterans' Thursday competition and 41 players took the field.

Some of the vets were playing in the first match of the season a 4-2 defeat away versus Taunton & Pickeridge, so this was a Self-Entry, Single Division Stableford.

After the modest scores of last week things seem to be back to normal. The clear winner with a four-point cushion with 41 points was Colin Hore. Long time vets member Terry Kearley came home second after count back from Brian Fearon with 37.

Results: 1st Colin Hore(18) 41 points. 2nd (acb) Terry Kearley(22) 37. 3rd Brian Fearon(13) 37. 4th (acb) Bryan Holmes(19) 36. 5th Roy Gill(13) 36.

Hore received a two-shot handicap cut and Kearley a one-shot cut

Ladies' Section by Di Neal

The ladies played an Easter Egg Bowmaker in sunshine and no wind on Saturday and some good scores were recorded.

The winners with 75 points were Liz Thompson, Sally Woolmington & Wendy Newton followed by Carole Brown, Avril Brown & Sue Winkle on 69. Third place went to Judy Walters, Pat Baldwin & Janie Dowling with 67.

Tuesday saw the same format and again conditions were lovely this time the winners with 69 points were Di Edwards, Jane White & Sandra March 67 points, second were Nicky Stone, Wendy Newton & Heather Boyle 65 and the last of the prize winners were Sally Woolmington, Madeline Skelly & Sue Pollock 64.

On both days the Ladies brought delicious Easter eggs which are being given to Dorset Young Carers, Pat Baldwin's charity this year.

◆ **CHOCFUL OF PRIZES:** Lady Captain Pat Baldwin (in purple) surrounded by some of the Ladies who contributed to the Easter Egg Competition.

Bridport Skittles

UPCOMING cup fixtures for week beginning March 28th

Portman Handicap (R4)
Tuesday, March 29th
Rejects v Nelson Nobblers (9).
Wednesday, March 30th
Aussies Lot v Brandy Snaps (8).
Thursday, March 31st
Pioneers (20) v Originals.
Friday, April 1st
Hidden Talent (33) v L.H.S.

Cup Winners Cup SF
Tuesday, March 29th
BRIDPORT FC – Originals (5) v Shipfaced.
Thursday, March 31st
BRADPOLE CLUB - Brandy Snaps (15) v Wanderers.

Nomination Cup Final
Wednesday, March 30th
LODERS ARMS – Wanderers v Rockets.

American football

WEST Dorset's American football team the Jurassic Coast Raptors' schedule for the 2016 season in the Southern Football Conference Division Two (W) is as follows;

Home games
(Played at Dorchester RFC - DT1 2HX)
May 22nd v Oxford
Jun 26th v Cornish
July 10th v Swindon
July 24th v Bristol
August 14th v Torbay

Away games
April 10th v Swindon
April 24th v Cornish
May 8th v Bristol
June 12th v Torbay
July 31st v Oxford

Bridport Darts

Division One	Pld	Pts
Rob's Robbers	17	29
Rubber Johns	19	29
BSC	16	26
Fleet Street Five	18	24
Nomads	17	20
Hands of Time	18	19
Nags Head A	17	13
It's in the Middle	18	13
Noth'n But Treble	18	8
Odds or Us	19	8
Young Darters	17	5

Division Two	Pld	Pts
Les Miserables	17	29
Elders	16	26
One for the Vikings	17	24
Respect-de-Bull	17	23
Dat Team	16	21
Anchor V Viewers	17	11
Otter Rotters	16	9
Poachers	16	8
Royal Hawks	15	6
Time Bombs	15	5

Division Three	Pld	Pts
Anchor Five	16	28
Tiger Bees	16	20
Flashes Fives	16	18
Mis Fits	17	18
No Direction	15	17
The Surgeons	16	16
Midnight Runners	16	16
Only Just	16	14
3 Become 1	16	12
The Royal Nuts	16	1

Division Four	Pld	Pts
Dart Vaders	15	27
Wicked Team Name	17	23
The Nameless	16	22
Whamo	16	18
Dodgers	15	17
Odds & Sods	17	16
Thunder Birds AG	15	12
Sorted Odds	17	12
Mozzies Heroes	16	7
Ace of Clubs	16	6

Ladies Division 1	Pld	Pts
Anchor Aces	23	40
Arrows Awry	23	33
Tender Trap	23	32
Sue's Rebels	23	24
Clocking On	23	22
Queen Bees	23	18
Against the Odds	23	12
Castaways	23	3

Ladies Division 2	Pld	Pts
Queenies OTC	27	43
Up and Downers	25	34
Next Door	27	31
Wildcats	24	24
Good Mates	25	24
Wrong Bed	26	21
Anchors Aweigh	25	20
Charlie's Angels	25	18
Tiger Stripes	24	13

180s: D1 - M.Fisher x8, D2 - S.Crabb, A.Coutts & P.Rowley all x3, D3 - R.Hayter & S.West both x2, D4 - A.Page (Wicket TN) x3, LD1 - S.James x2, LD2 - T.Wayland (Wrong Bed) x1.

Lyme Darts

Table	Pld	Pts
Rousdon Club	19	38
Nags Head A	20	35
Rock Point	18	29
Nags Z	19	26
Four Play	20	25
Janners	19	20
Hunters Lodge	18	15
Talbot Arms	20	13
Royal Standard	17	10
Cobb Arms	19	9
Four's Company	20	4
Half an Octopus	17	2

180s leaders: C.Higgs (7), M.Barnett & T.Prowse (both 6), R.Cross (5), D.Herbert (4), A.Reid, T.Young & T.Peadon (all 3).

Send all your sports news, reports, fixtures and photos to; howard@pemedia.co.uk

Bridport Rugby

Revenge is sweet for rampant Blues

Bridport 37 Dorchester 3

AFTER Bridport's agonising 24-22 defeat away at Dorchester back in December, having lead 22 – 0 at half time, there was plenty at stake for the home side.

With a large and partisan crowd urging them on they were able to put the record straight, with an emphatic 37-3 victory, scoring six tries in the process.

Fierce early exchanges set the tone of the match, as befits a local derby, but it was Bridport who opened the scoring with Dave Cutting getting over the line from a stolen Dorchester lineout. The kick came back off the posts.

The home side continued to press and Dorchester did well to repel a number of attacks, albeit at the cost of a yellow card. Down to 14 the visitors lost a scrum against the head in a vulnerable position and Ayo Fraser glided through to score under the posts. Ricky Stubbs added the conversion.

Dorchester's best chance of a score was snuffed out by a great covering tackle from Ali McNab, but in the resulting scramble Bridport incurred a yellow card for a high tackle, and from the penalty the visitors claimed what was to be their only points.

As the half came to an end Bridport's forwards were in the ascendency and Dorchester on the back foot, conceding another penalty, kicked successfully by Stubbs to make the score 15– 3.

The pattern continued in the second half with Dorchester losing a player to a straight red card and forced to defend most of the time.

Another stolen lineout and another try from short range, this time courtesy of a determined Tim Edwards. The resulting kick was missed.

As a variation on a theme, the hosts set up a rolling maul from yet another lineout, from which James Tuck broke free to score virtually unchallenged.

As the visitors tired, Bridport's backs enjoyed more space and were rewarded with a sharply taken try from George Pearce, and a very well worked move led to a great score from McNab, the conversion added by Stubbs.

All in all a good day at the office for the home side.

Lychett Minster and Blandford v Bridport U10s

BRIDPORT took on Lychett Minster first and the young Blues started strongly with new recruit Benji Lopez Garcia opening his account with a well taken try.

Patrick May supplied the second and good support play led to the third via Mali Titcombe James.

Charles Edwards set up Luke O'Neil with an excellent pass for the fourth, Charlie Brake ripped the ball from his opposite number to touch down the fifth and Edwards stormed down the touchline for the sixth try.

Abi Alner put the icing on the cake with a delightful dummy and a try in the corner.

In truth the opposition were not strong and Bridport were culpable of some lacklustre tackling, allowing Lychett two rather soft tries in return.

This pattern was repeated in the second game against a much stronger Blandford side where weak tackling gifted three tries to the opposition, making life harder than it needed to be.

Nevertheless Bridport fought back with a try from Edwards and another from O'Neil. Then in the dying seconds Edwards secured the equaliser with a great individual effort to save the blushes of his teammates.

Despite the defensive lapses there was plenty to applaud, with useful contributions from all the players.

Abi Alner was Player of the Day.

D&W D2 (S)	Pld	+/-	Pts
Yeovil	19	753	91
Bournemouth III	19	542	82
WEYMOUTH & PORT'ND	19	319	79
New Milton II	19	389	70
BRIDPORT	19	79	53
Wheatsheaf Cabin Crew	19	-127	42
PUDDLETOWN	19	-250	27
Ellingham & Ringwood II	19	-161	25
North Dorset III	19	-192	23
DORCHESTER II	19	-337	23
Poole	19	-554	20
Fordingbridge II	19	-461	-11

Two wins for Woodroffe

THE Woodroffe School Under 13 girls cricket team recently took part in the Dorset County Indoor finals at Canford School.

The tournament was played on a knock-out basis and the team faced a tough opening game against **Bournemouth School for Girls**.

Asked to bat first the Trafford twins delivered an opening partnership of 22 before Evie was run out. Rose remained not out on 24.

Emily Wright also contributed to a final team score of 76 from the allocated eight overs with a fine knock of 17 which included two sixes.

Rose opened the bowling and had a wicket in her first over but the other bowlers struggled until Frankie Steed took two wickets.

But it was a little too late and BSG passed the total with three wickets to spare.

◆ **HOWZAT:** The Woodroffe Girls U13 team

Playing in a first round losers match the team then defeated the Bournemouth-based **Leaf Academy** by 80 runs.

Rose again topped scored with 20 and well supported by Rachel Dowding (19). The opposition were dismissed for just 35.

The girls then played **Shaftesbury School** and scored a massive 134. Evie 24 not out, and Imogen Waterhouse 20 including two sixes were the top scorers. Shaftesbury was restricted to 63 all out.

The result gave the girls a fifth place finish based on the unorthodox way in which the tournament was organised, but the team can be pleased with their efforts.There will be more cricket sessions for girls at Uplyme Cricket Club on Saturday mornings from April 16th from 9.30 to 11am. All girls are welcome.

Hard work pays off

HARD work and enthusiasm throughout the years paid off for Parrett & Axe as their teams won both the A and B team cups in the third and final round of the West Dorset Primary School Cross Country Championships held at The Sir John Colfox Academy last week.

The relay competition saw 34 team's from ten schools comprising two boys and two girls completing over two laps, a total of 1600m.

The Mosterton School consistently enter more runners than any other school in the area; showing the pupils enthusiasm for the sport; and their A team sped home just seconds ahead of Symondsbury A, with St Catherine's A third.

◆ **WINNING DOUBLE:** The Parrett & Axe B team of Jake Smith, Amelie Bailey, Kiana Earlam and Ashton Coleman, Mrs Jayne Harris, and their A team colleagues; Roisin Murphy, Katie Evans, Guy Scarborough and Seth Hall-Nunn.

Lyme Regis gigs raising their game for 2016

LYME Regis Gig Club took part in their first race of 2016 at Saltash, recently.

The Caradon Gig Club hosted their annual 'Three Rivers' endurance race - a six-mile, figure of eight course starting at the iconic Tamar Bridge.

From here the race headed up river in less than favourable conditions to the tributary of the river Tavy, where the course then turns down river, continuing under the bridge to the tributary of the river Lynher.

Rower then head back up to the finish line under the Tamar Bridge in perhaps, the most challenging part of the course.

This is a competition which draws the West country's finest crews including the reigning World Champions Falmouth and is generally seen as a precursor to the racing season ahead.

Lyme's Ladies and Men's crews both showed they are more than capable of producing some fine results as all crews averaged an improvement of around three to four minutes on their respective times from last year.

Out of some 80 crews the Ladies A finished 30th overall with their B team coming in 51st. The Bs are a team of four ladies who had never competed in this race, and for one this was her first ever race.

The Men's crews also performed very well. The A crew finished 9th overall, and 7th in category, with the B crew crossing the line in 27th overall and 3rd in their category.

LRGC would like to thank the crew and staff at the Caradon Club for such a well organised event and to the Lyme Club's main sponsors, Otter Breweries for their continued support.

◆ **A GOOD START:** The Lyme Regis Ladies B team with Cox Toby Newson

Lyme Skittles

Wobblers toppled!

Results
(w/e March 19th)

Ladies; Hot Gossips 314 Wild Pins 332 (+BL), La Crème 266 (+BL) Generations 261, Smashers 314 (+BL) Rollercoasters 279, Just Us 284 (+BL) Wootton Wobblers 280.

Men's; Roadrunners bt British Legion (+BL), Shakers 287 (+BL) Flyers 303, Tornadoes 328 No Hopers 358 (+BL), Marksmen 330 Wreckers 324 (+BL), Rousdon Rebels 363 (+BL) Young Guns 334, Anthill Mob 305 Clueless 307 (+BL), President's Men (+BL) bt Miscellaneous (game given), Trappers 358 (+BL) Alleytwits 354.

(+BL= Beer Leg winner.

Ladies	Pld	Pts	BL
Wootton Wobblers	13	24	18
Smashers	13	15	18
Just Us	13	15	8
Wild Pins	12	14	14
Generations	13	10	14
Hot Gossips	13	9	14
La Crème	12	8	8
Rollercoasters	13	7	8

Mens Div One	Pld	Pts	BL
Marksmen	13	20	8
No Hopers	10	18	10
Rousdon Rebels	13	16	12
Anthill Mob	14	12	18
Young Guns	13	12	16
Clueless	13	12	11
Wreckers	12	10	17
Tornadoes	14	8	13
Skippy's Six	12	6	9

Mens Div Two	Pld	Pts	BL
Flyers	13	24	18
Trappers	13	19	17
Roadrunners	13	17	17
Alleytwits	13	14	17
President's Men	13	10	13
British Legion	13	8	10
Miscellaneous	13	8	4
Shakers	13	4	8

Lyme Cribbage

Results - March 14th: Gerrard Arms 2 New Inn Kilm B 3, New Inn Kilm A 3 Old Inn Kilm 2, Ship Inn LR 2 Royal Oak 3, Ax Inn 1 Nags Head 4, Stepps 2 Talbot Arms 3, Lambs Swans 2 Ax Con Club 3.

Beer League; Gerrard Arms 2 New Inn Kilm B 1, New Inn Kilm A 3 Old Inn Kilm 0, Ship Inn LR 1 Royal Oak 2, Ax Inn 2 Nags Head 1, Stepps 1 Talbot Arms 2, Lambs Swans 2 Ax Con Club 1.

Final table	Pld	Pts
Gerrard Arms	24	69
Lamb Swans	24	69
Axminster Con Club	24	68
Stepps	24	65
Nags Head	24	64
Beer Club	24	63
New Inn Kilm A	24	62
Ship Inn LR	24	59
Royal Oak	24	57
Old Inn Kilm	24	56
Axminster Inn	24	51
Talbot Arms	24	50
New Inn Kilm B	24	47

Beer League	Pld	Pts
Axminster Con Club	24	47
New Inn Kilm A	24	41
Royal Oak	24	41
Gerrard Arms	24	40
Talbot Arms	24	39
New Inn Kilm B	24	36
Lamb Swans	24	35
Axminster Inn	24	34
Stepps	24	33
Ship Inn LR	24	31
Beer Club	24	31
Old Inn Kilm	24	30
Nags Head	24	30

LYME REGIS FC
Central FC (Exeter)
D & E Division Seven
3pm pm ko
Saturday, March 26th
at the Davey Fort
Followed by the live Sky tv game
LYME REGIS AFC The Seasiders 1885

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INSIDE: Gig racing club up rowing in new season

Ton up Simier leads goal procession

by Howard Larcombe
email: howard@pemedia.co.uk
@howardlarcombe

LYME Regis Football Club's favourite French import Julien Simier passed a landmark for the club on Saturday when he netted his 100th goal in Seasiders' colours.

The enigmatic striker, who came to the town from the Seasiders twin club US Creully in Normany, has brought some european flair, as well as the occasional Gallic shrug, netted a hat-trick in the 11-1 Devon & Exeter League Division Two thrashing of Culm United at the Davey Fort.

Simier (33) scored on his debut for Lyme in the 3-0 Perry Street League Chard Hospital Cup second round tie against Millwey Rise at the Davey Fort back in August 2009, and went on to score a total of 18 goals, including a hat-trick against Barrington and four against Ilminster Town Reserves in his first season in English football.

His second season was his most goal-laden to date with 21 including a hat-trick at Combe Reserves and two in the Chard Hospital Cup final victory over Ilminster Reserves at Combe St Nicholas.

The switch to the Devon & Exeter league has brought a further 21 goals, and a red-card against Cullompton Rangers Reserves back in October which ultimately led to a six-game ban and hefty fine following a verbal altercation with the referee after his dismissal. But he's back now and heading on towards his double century!

Saturday's game also brought hat-tricks for both top-scorer Joe Bond and Dec Ellis. Mark Batey, and former Bridport striker Ben Clarke, on debut, scored the others for the Seasiders.

The Lyme first team were in action again 24 hours later when they somewhat surprisingly crashed out of the Bill Slee Cup beaten 2-0 at D&E Division Four front runners Bampton.

Lyme have another busy weekend on the cards coming up with the reverse league fixture at Culm United on Saturday swiftly followed by Easter Monday's visit by promotion rivals Exmouth Town Reserves (3pm). With Rob Thom unavailable Robin Townsend will take charge of the team at Culm.

Meanwhile, Lyme Regis Reserves' Division Seven promotion hopes are now all-but over after they missed another hatful of chances and were held to a 1-1 draw at Cheriton Fitzpaine Reserves.

The Seasiders' second string welcome title-favourites Central FC next Saturday (3pm), Manager Gerard Hitchcock is absent, so former first team manager Tim Edwards takes the reins.

Elsewhere, two goals from Jake Bearpark helped UPLYME to 3-1 Daisy Hutchings Cup Quarter-final victory at Beaminster Reserves.

The two meet again at the same venue in the corresponding Perry Street League Division One fixture next Saturday. Uplyme Reserves return to action with the visit of Netherbury Reserves.

Finally, CHARMOUTH'S Division Three promotion hopes received a blow as they were thrashed 6-0 at title rivals Dowlish & Donyatt.

The Robins will have to regroup quickly for Saturday's visit by rivals Halstock.

◆ **TRES BIEN MON AMI:** Julien Simier (left) receives the congratulations of team mate Mark Bailey after netting his 100th goal for Lyme Regis in the 11-1 mauling of Culm United at the Davey Fort on Saturday. ***Photo by HOWARD LARCOMBE***

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